

## Inside



### What I'm trying to do here

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### Focus on Corporate Hospitality

12-page pull-out



### Party for St Patrick

Any excuse to get out and splurge

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MY GREATEST DAY

## EVE'S DEEPEST WISH

Paralympian Phelipe Andrews, left, and Olympian James Goddard help Eve Naylor's wish come true. The nine-year-old, who was diagnosed with Hodgkin's Lymphoma, was the first person into the Olympic pools since they saw competitive action. **Full story • Page 3**

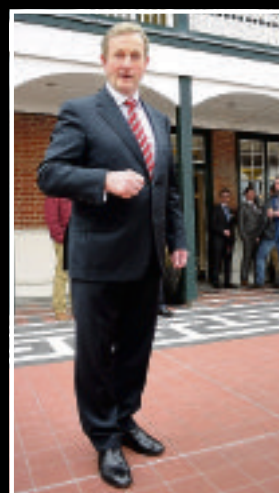


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Irish PM re-opens building that links past and present • **Page 10**



**WIN** tickets for Harry Redknapp Q&A at Boisdale **P62** **WIN** tickets to the Canary Wharf Classic **P79**



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## WEATHER

**17C TODAY**  
Fog

**16C FRIDAY**  
Fog

**13C SATURDAY**  
Cloudy

**16C SUNDAY**  
Sunny

**17C MONDAY**  
Cloudy

## TRAVEL

**TUBE & DLR**  
DLR is closed between Stratford and Bow Church from 11pm on Saturday and throughout Sunday. Jubilee line is fine.  
**ROADS**  
No problems.

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# Agenda

## Your email (address) tells me so much

There are few things as alarming as receiving an email from a shared account. You know, those couples ones, like Sarah and Ben@YouThoughtThisWasCute.com.

Shared email addresses are as vomit-inducing as couples that wear matching jumpers, or call each other things like pooky woooky baby puff snuggledrop in public.

You get special dispensation if you're organising a big joint event, like a wedding. But after the big day that e-baby needs to be shut down. Delete. Delete. Delete.

Shared email addresses are weird. Calling anything Someone & Someone

### BLONDE'S EYE VIEW



ANGELA CLARKE

makes it sound like a law firm. Like making your relationship Corporation Romance. The PR team will respond to your query of how Sarah and Ben are. The Events Department will be in touch regarding your dinner party request.

More sinister yet are the women (and I'm yet to come across a man who does this) who use their partner's email.

I read it like a cry for help. He's obviously an obsessive jealous control freak that doesn't allow her unsupervised access to the internet, in case she joins Friends Reunited.

And yes, that reference to Friends

Reunited was deliberately dated. Because, really, who doesn't have their own email address in 2014? There's the 70-plus couple that share an email account and type ALL THEIR MESSAGES IN CAPITALS. That's cool. You go, you Hip(replacement)sters.

But everyone else, if you don't have your own email you have a problem. You are in denial. I understand technology moves at a frightening pace. I get that people are scared of change. But you've had over 20 years to adjust to the concept of email. Grow a pair.com.

Follow Angela on Twitter:  
@TheAngelaClarke

## London Eye



REUTERS

Prince Edward, his wife Sophie, Countess of Wessex speak to Iris Filbee, 7, and her mother Sarah at the Royal Hospital in east London on Monday. Prince Edward celebrated his 50th birthday by visiting the HQ of London's Air Ambulance. Iris was treated by doctors and paramedics from the London Air Ambulance after an accident. Air ambulance chief executive Graham Hodgkin is pictured left.

### London gallery

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Student Jessica Ladley performs on the Cyr wheel during the launch of Britain's National Centre for Circus Arts in Shoreditch. The centre, previously known as Circus Space, was launched Tuesday in a bid to encourage young people to train in circus skills.

GETTY



## 67 Travel

Going all Robinson Crusoe (sort of) on a Maldives island



## 69 Fashion

Green fingers, toes and tops to mark St Patrick's Day



## 74 Food

The best places, and the best ways, to enjoy the craic



## From the Editor

Crossrail is triggering a bout of regeneration that we haven't seen since the high days of the Olympic preparations.

The combination of strong native economic indicators, an Asian boom, a shortage of property and the unlocking of land previously beyond the reach of transport has given the cross-capital link a Midas touch.

As Evan Davis showed *Mind The Gap*, there are plenty of people around the world who see the capital as a safe haven for their millions. This presents its own challenges. As the local elections loom, one of the key tests for any candidate will be their policy on housing provision.

London Mayor Boris Johnson has come in for criticism for green-lighting upscale developments while councils, such as Tower Hamlets, have been guilty of relegating, even ghetto-ising, social housing.

The balance of wealthy and worker is out of kilter. Will and principle will be essential to bring about a recalibration.

Giles Broadbent  
@MediaGulch

## Corrections & Clarifications

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INSIDE



# Princess and the pool



George Naylor, Phelipe Andrews, Adam Whitehead, James Goddard, Eve Naylor and Aaron Maddox enjoy the Olympic pools

## PEOPLE

Eve, 9, gets an Olympic treat after diagnosis

Beth.Allcock  
@wharf.co.uk

Swimming was made all the more special for a youngster whose illness recently forced her poolside.

Eve Naylor became the first to make a splash in the London Aquatics Centre since the 2012 Games.

Eve followed in the strokes of Olympians Michael Phelps, Rebecca Adlington and Paralympian Ellie Simmonds in taking to the waters to mark the venue's public opening.

The nine-year-old was diagnosed with Hodgkin's Lymphoma in December 2012 and shared her special day, organised by the Make A Wish Foundation and Aquatics Centre operator GLL, with her brother George.

The siblings firstly tried their hand at basketball in the Copper Box alongside London Lions players Laurent Irish and Kramer Knutson, before meeting a host of famous swimmers including Paralympian winners Phelipe Andrews and Aaron Maddox at Stratford's newest swimming pool.

A mock Olympic race and medal ceremony followed – as



Eve Naylor gets in some swimming practice

What is your best memory of the day?

"The best moment was playing on the aqua splash with the swimmers."

Eve Naylor

well as plentiful fun on aqua splash inflatables.

Eve said: "The wish was the best day of my life and I will remember it forever."

"The best moment was playing on the aqua splash with the swimmers!"

Mum Suzy said: "The impact of the wish has been huge for Eve."

"It has given her confidence following an extremely difficult year and has been the first really positive experience since the diagnosis."

When doctors pinpointed the illness, they discovered 80 per cent of Eve's lungs were affected by the cancer.

The Yorkshire youngster has since undergone six months of intensive chemotherapy and steroid treatment as well as radiotherapy, losing her hair and gaining weight during the process.

She will be monitored and undergo scans for the next five years.

Gregg Holland, venue general manager, said: "It has been a real pleasure for us to open our doors for Eve to enjoy the pool and meet her swimming idols."

"The London Aquatics Centre was created for the whole community and for children to enjoy long after the games."

"It stands for everything that the London Olympic Legacy is all about and we are delighted she has had so much fun."

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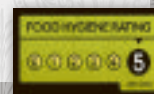
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## News



The Cambridge men's crew pose in the Hackett window during the BNY Mellon 2014 Oxford v Cambridge University Boat Race Weigh In at the BNY Mellon head office in the City of London.

# My job is to help

## MEET THE CANDIDATES

Mayor lays into Lutfur Rahman over what he sees as his politics of division

**Rob Virtue**  
@wharf.co.uk

Newham mayor Sir Robin Wales has worked closely with his London counterpart Boris Johnson on the Olympics and wider regeneration, despite residing at opposite ends of the political spectrum.

But, after briefly criticising Mr Johnson on his negative attitude towards the Gallions Bridge project, the Labour stalwart checks himself.

"Of course, if you start saying someone is all bad then that's just playing party politics."

That courtesy, however, isn't extended to the leader of Tower Hamlets council, Lutfur Rahman, the controversial Labour exile who was elected as executive mayor as an Independent in 2010.

Sir Robin does not hide his contempt for the man he says is "very bad news" for the area and accuses him of bringing a form of apartheid to Tower Hamlets.

His main bugbear with the neighbouring administration is Rahman's funding for events aimed at specific religious groupings. In Newham, events solely for one particular strand of the community will not receive money.

"We fund people to come together," he said. "If someone says we want a street party we'll fund it."

"If you want a separate party then that's fine but we won't use public funds for it. And that's where we fundamentally disagree."

"The danger in Tower Hamlets is you get segregation. That's not just bad for the whole community, it's also bad for the community you do it to. A good community has good connections. Here, in Newham, white boys do worst at school but they don't do worst in the jobs market because they've got such good connections. "So what's really important is to

## IN BRIEF

### LCY picks up award as a world-beater

**DOCKLANDS** Staff at London City Airport said: "Our team members, wherever they work and whatever their job, know that they are part of delivering a better journey to the passenger and are proud to do so – this award recognises their commitment and their achievements."

The business was selected as the top airport with under 10million passengers per year at a ceremony in Istanbul.

Declan Collier, CEO of London City Airport said: "Our team members, wherever they work and whatever their job, know that they are part of delivering a better journey to the passenger and are proud to do so – this award recognises their commitment and their achievements."



### What's the problem with Tower Hamlets?

"The danger is you get segregation. Not just bad for the whole community, it's also bad for the community you do it to."

broaden those connections so there's better opportunity."

Sir Robin's fiercely proud of his achievements in the borough but can't help using them as a club with which to beat Mr Rahman.

Within seconds he goes from talking about the Newham Workplace scheme – working with employers to put borough residents forward for roles – to highlighting Tower Hamlets' perceived failures on the issue.

"The scandal is the money's there in Tower Hamlets but this is not being done on the scale it should be," he

said. "We've demonstrated how to do it but Lutfur's culpable for not doing it. He doesn't care. He'll sort out some religious buildings and that's what your mayor of Tower Hamlets does."

The Newham leader also takes Mr Rahman to task over the Tower Hamlets' mayor's publicly-funded chauffeured Mercedes.

"I have my own car, a 2008 Toyota, and I buy my own Oyster card," he said.

"It's a scandal that an executive mayor gets driven in a really expensive car. They've got more money than us. We're spending it on buying kids musical instruments, getting kids into work, helping them to read."

It might seem strange that on the eve of an election, Newham's mayor's most pressing issue is to attack his neighbour. But Newham is safe Labour.

In 2010, Sir Robin secured 68% of the vote to be mayor, over four times as much as his nearest rival, with Labour comfortably in power since Newham became a borough in 1964.

This year, the Conservatives have put forward Stefan Mrozinski for May 22's poll. He says the Newham mayor has been there too long and has presided over a wasteful administration.

The announcement last month of Chinese group ABP's impending move into the Royal Docks-based council offices – a £100million venue described by Mrozinski as more like a "West End nightclub than a place to work" – has helped deflect some of the claims.

However, much is still made over the mayor's decision to take out a loan on behalf of West Ham United's multi-millionaire owners for them to move into the Olympic Park.

Sir Robin says the £40million was "borrowed prudentially" and insists the authority will make money.



**WIN**  
dinner, a  
movie and  
goodie bag  
Page 69

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# people connect

BEN BROOMFIELD



Sir Robin Wales in his office in Newham Dockside next to the Royal Docks

**The Wharf** approached the Tower Hamlets mayor's office to respond to Sir Robin's attacks. Lutfur Rahman's spokesman said he would respond when he had fully considered the published article. We will feature this response in a future edition.

"We will get 35% of the profits from the stadium but they will first of all pay off our loan.

"We'll also get 10 community days for residents, 100,000 tickets from West Ham United. We'll generate a profit and have all the other benefits – school sports will be held on the same ground where Usain Bolt won gold."

His main aims now are to agitate for the Gallions Reach river crossing, for direct trains to Europe from Stratford International but he's also worried about Government cuts he calls "vicious, heartless and savage".

"The year after next there's a £43million cut and that will be hard.

"There's some disagreement between myself and my deputy. He is very worried. I think we can still do the things we want but he could easily be right so it could be the year after next we'd see cuts that could bite into the things which matter to residents.

"We've got the lowest council tax in outer London and I don't want to tax my way out of this problem so we'll see."

# Man injured as crane collapses

999

Worker 'lucky to be alive' after he is rescued from site

**Rob Virtue**  
@wharf.co.uk

EMERGENCY services were called to a Docklands construction site after a crane collapsed.

A worker was thought to be seriously injured in the incident last Friday afternoon at Providence Tower in Blackwall.

The 35-year-old was rushed to Royal London Hospital suffering from head injuries, said the London Ambulance Service. However, his injuries were later downgraded and he has since been released from hospital.

Balfour Beattie, the construction company working on Providence Wharf, which saw a crane collapse on Friday afternoon, have begun investigations into the incident and the Health and Safety Executive has been informed.

Freelance journalist Josh Layton

told the *Evening Standard*: "I was just pulling up in my car in a side street and about five minutes later a load of ambulances turned up.

"People looked up and saw that the arm of the crane had been sheared off.

"Clearly [the workman] was very lucky to survive. It could have been worse."

A spokeswoman for the company said: "We can confirm an incident took place on Friday afternoon involving a tower crane on our Providence Tower construction site.



The broken crane

TWITTER / @OSHUYATON4013

"This incident resulted in a member of the project team being taken to hospital. The individual has since been released from hospital.

"The HSE has been informed and we have undertaken preliminary investigations into the incident."

Part of the crane snapped at about 4.15pm on Friday. London Fire Brigade and the Met Police also attended the scene.

Emergency services said a man was trapped in the crane.

Providence Tower is being constructed to the west of Canary Wharf next to the Radisson Blu Edwardian New Providence Wharf Hotel.

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## News

# Powering the docks

## WHAT'S ON

THE Royal Docks will be turned into a powerboat spectacular for a two-day exhibition later this month.

Boats and jet skis will be in the Royal Victoria Docks on March 28 and 29 for a series of exhibition races and freestyle displays.

The event will preview the PI Super-Stock and Aquax Championships in Bournemouth, Hull and Cardiff this summer.

The public are invited to watch the exhibition in Newham. Saturday is the

main day and will feature races from 10am to 4pm.

Powerboat PI's CEO, James Durbin, commented: "The Docklands provide the ideal setting for our season launch and we are delighted to have concluded a three-year agreement with the Welsh Government and City of Cardiff for the Cardiff Grand Prix of the Sea to become the feature event of the series."

"All of our PI events will again be a double bill of powerboat and jet ski racing, with a total six championship races over the weekend."



The event will feature a double bill of power boat and jet ski action

## Cable car to shut for annual maintenance

**DOCKLANDS** The Emirates Air Line is to close for seven days later this month for "essential annual works".

The engineering works will run from March 17 to 23 and will include electric testing, weight testing and wheel inspection.

TfL's head of the Emirates Air Line, Danny Price said: "We apologise for any disruption this causes passengers. By carrying out all of this vital work now we will not require any further planned closures this year."



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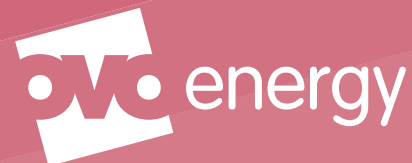


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## News

# Crossrail sets in train a regeneration push

## PROPERTY

Giles Broadbent  
@wharf.co.uk

**T**he global attraction of Crossrail has spurred property developers into action, according to new research by property consultants GVA.

From 2008 to 2013, 41% of planning applications within a kilometre of a Crossrail station cited the new railway as a justification for proceeding.

The GVA research also saw that central London and the East End using Crossrail as a magnet with Tottenham Court Road, Farringdon, Liverpool Street, Canary Wharf, Custom House and Stratford each having more than five million sq ft in the development pipeline. Woolwich is also feeling positive effects.

GVA senior director Chris Hall said: "The influence Crossrail has had extends beyond its transport role."

"It is driving the growth and diversification of established areas, delivering a broader mix



GETTY

Builders continue the construction of the timber lattice roof on Canary Wharf Crossrail station

of activity and providing the impetus to deliver London's major regeneration opportunities."

Mayor of London Boris Johnson said: "The private sector has contributed financially to Crossrail and so it is only right that developers are now reaping the rewards that such major investment in transport can bring."

London Underground managing director Mike Brown said: "We know that

improvements to transport infrastructure have a positive impact in unlocking growth and regeneration so it is not surprising that GVA's research shows this is also happening along the Crossrail route."

In its own right, Crossrail is developing three million sq ft of commercial, residential and retail space above 12 key construction sites. It already has joint ventures in place for six of these sites.

Property / From Page 21

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# Notebook

## Why Cameron is wrong to pretend his life is ordinary

Prime Minister David Cameron and his creative director wife Sam have decided to send their four-year-old daughter Nancy to a state school. What are they trying to prove? That they are regular Joes?

Most parents want the best for their children. They will try to do anything in their power to give their offspring a "good start in life".

Providing a solid, well-rounded education for their child is almost always top of a parent's wish list. For many, this means sending their child to a private

school. Just look at the opportunities it has opened up to the Middleton clan.

I'm a single working mum. I would do anything to give Master A that all important start. I'm not in a position to send my son to a private school – but if I could, I would. I'm not ashamed to admit that. Most of my friends who have children would too.

OK, the teachers might not be any better in the private system but the class sizes, 15 as opposed to 30-plus, are. What child under that regime, with that individual attention, wouldn't prosper?

### WORKING MUM



TABITHA  
RONSON

Master A is at a very nice infant school. However, I do worry about our education system. Take the recent example of modern education from Blackpool's finest Gemma Worrall who tweeted about "our president Barraco Barner". This musing from a 20-year-old, with 17 GCSEs and two A-levels to her name highlights the problems with today's state education.

Announcing that Nancy would be attending a state primary school made my blood boil.

Eton-educated Cameron had the very

best education. Why, when so many ordinary people aspire to this rarefied position, should he be ashamed of this upbringing? Don't you get it, Dave?

Why else do you think the likes of Hackney Labour MP Diane Abbott was prepared to face the wrath of her party – and the criticism of voters – would she choose to shun local comprehensives in favour of sending her son to a private school? Isn't this life about aspiration and progression?

*Working Mum fed up with politicians treating us all like fools.*

## DATA SNAPSHOTS

Trends, stats & surveys



# 11.5%

Difference between native and non-native speakers of English in Tower Hamlets getting 5 A\*-C GCSEs. The difference, favouring non-native speakers, is the UK's third highest.



# 1,001

Number of households in Tower Hamlets that have had their benefits capped, the 6th highest in the country. Newham has 785, the 8th highest. Enfield is top with 1,706.



# 11

Number of England players gaining more than 50 caps that West Ham has provided, the second highest among the clubs. Liverpool come top with 15. Bobby Moore won 108 caps.

Catch up with our data graphics on wharf.co.uk every week

Sources: Dept of Education; UK Government; Trinity Mirror Data Unit

## Out Of Office

### FILM

## I'm a long way from home

Actor **Dominic Cooper** has come a long way from his days as a boy in Kidbrooke. Now a Hollywood regular, the 35-year-old gets behind the wheel of a Lamborghini Sesto Elemento in his latest movie, *Need For Speed*.

He plays arrogant, monied speedster Dino Brewster, arch nemesis of Aaron Paul's blue collar underdog Tobey Marshall.

"He is a troubled soul who is extraordinarily competitive," says the actor who got his big break in *The History Boys*. "Unlike Tobey, Dino comes from a background of privilege and was given every advantage in life. But he is obsessed with money and success which sends him into a state of madness."

### They say

★ "On this tour, I'll be telling a lot of stories that I shouldn't say out loud. Stories about me humiliating myself. In every story, I'm hopelessly the victim. I think that's the way it should be."

**Jack Whitehall** plays *The Q2 on Monday*

The Lamborghini is just one of his cars – there's a high end Mercedes and a spectacular Koenigsegg Agera R. A far cry from his first wheels back in south east London.

"I drove a '60s Austin Healy which had a hole in the fuel tank so I could only put £2 of fuel in and one headlight and no windscreen wipers. And I used to drive long distance. Everyone has to have first cars like that."

## People, places, things



Aaron Paul, left, and Dominic Cooper on the set of *Need For Speed*



Jonathan Ross: Frozen out

## Food stuff

★ Check out the artistry of **Catherine Lear** of Eat, near the Barbican. Her prosciutto and asparagus melt with its grilled sourdough bread, oozing melted mozzarella and crisp asparagus spears has put her through to the national final of the Sandwich Designer of the Year.

### PEOPLE

## Gaiman leaps to friend's aid

Dr *Who*'s Battle of Canary Wharf is nothing compared to the current Sci Fi Scuffle.

After a Twitter storm, **Jonathan Ross** gracefully pulled out of hosting the Hugos at the World Science Fiction Convention at the Docklands' Excel in August – the first in the capital since 1965.

But those who saw Ross's appearance as a step in the wrong direction have incurred the wrath of their hero, cult writer **Neil Gaiman**, who said he was "seriously disappointed".

It was Gaiman who invited Ross along in the first place. He wrote on his blog that Ross was "a huge SF and comics fan; in many ways, one of the most fannish people I know".

He added: "I do not believe a campaign aimed at vilifying Jonathan personally was wise or kind."

## POLITICAL VIEWPOINT

By Jim Fitzpatrick

## We need an open dialogue about health

Last week I had a minor op on my hand over at the Royal London. In between recovery and emailing one handed I've had the opportunity as an outpatient to think about our health service.

I'm sure we all spare a thought for the NHS often when not a week goes by without a headline or story.

And of course our health is daily concern regardless. In Parliament it was just this week that the Francis report into Mid Staffs was debated and I've already started getting emails from concerned constituents about the Care Bill that is working its way through committee.

The NHS is one of this

“We're going to have to deal with pressures on our health services

country's shining achievements. It's not just a service, but a safety net, which does everything it can to protect us.

However it's not perfect and frankly never will be. What we're missing at the moment is an honest conversation about the kind of health service we want and need for the future.

It's clear the Government is not being honest with us about the current pressures on the service and to be fair as the Opposition we must offer more of a longer term alternative.

Everyone knows in the years to come we're going to have to deal with big pressures on our mental health service.

We're going to have to look at levels of spending very closely and of course we must continue to ensure the NHS learns from its mistakes. These aren't insurmountable challenges – we just need to talk about them more.



MP for Poplar and Limehouse

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## Duke shown how charity puts people into work

### BUSINESS

Beth.Allcock  
@wharf.co.uk

A CHARITY linking apprenticeship places in global firms to young Londoners has unveiled its new base in South Quay.

City Gateway's patron, the Duke of York, opened the organisation's centre dedicated to young people not in employment, education or training (NEETs) last Thursday.

Previous successes who have already secured work through City Gateway's partnership with the Evening Standard Ladder For London campaign received awards from the royal visitor, in front of 200 people.

The Isle of Dogs facility will offer pre-employment training for more than 400 youngsters each year, supporting 300 into apprenticeships, while also providing social enterprises for work experience and employment opportunities for residents.

Eddie Stride, City Gateway CEO, said: "Our partnership with the Ladder for London campaign has enabled us to place 332 young people into life changing apprenticeships with leading global companies since the start of the campaign 18 months ago.

"An incredible 80% of the young people have secured employment on completing their apprenticeships.

"We must continue to create quality apprenticeship opportunities for young Londoners and the Government needs to provide further incentives for employers to make this happen."

Go to [citygateway.org.uk](http://citygateway.org.uk).

Business / Page 65



City Gateway CEO Eddie Stride with the Duke of York

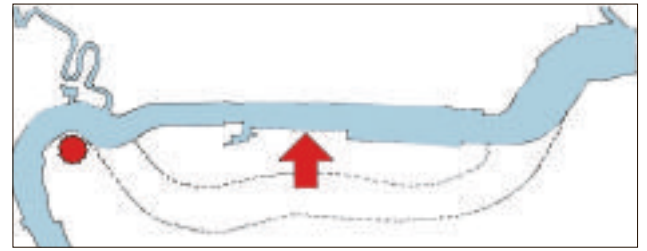
## Digital fair to come to park

COMPANIES at the cutting edge of the tech world will be welcomed to the Olympic Park's cluster.

The Maker Faire will take place at Here East in summer 2015, bringing thousands of people from the digital industry to east London.

It will be the first event of its kind held outside of the United States.

Gavin Poole, CEO of Here East, said: "I am delighted we have agreed an exclusive partnership to bring the world's foremost maker event to east London."



## Where's our river gone?

■ Where's the Thames gone, those with riverside properties might ask when viewing this scheme from Stuttgart-based architecture company HWP. The Germans suggested diverting the mighty river along the route of the Royal Docks for a competition to coincide with Ecobuild exhibition at Excel. But, never fear, the plan is unlikely to leave the drawing board and the eventual winner – Silvertown Docks by Bethany Gale and Sarah Tolley – envisioned a less dramatic role for the docks as a wildlife habitat.

# Hidden gem returns to serve Dock community

### HERITAGE

Irish PM relaunches building that saw passengers away on global P&O cruises

Beth.Allcock  
@wharf.co.uk

**T**urn the clocks back 130 years and the rooms of the Gallions Hotel were at the heart of Docklands life, filled with eager passengers from across the globe about to set sail on the liners berthed outside.

This week, the Grade II-listed building in Basin Approach became a bustling hub hosting European guests of a different kind, as it was officially re-opened by Irish Prime Minister Enda Kenny.

The 19th century waterside structure – created between 1881 and 1883 by P&O – now sits amidst a host of apartment blocks of the Royal Quarter and houses the headquarters of Irish contractor Corbyn Construction.

Talking at Tuesday's event, Mick Cusack, Corbyn's director and founder, said his firm primarily served the areas east of the capital, arriving at its El6 base in 2012 after the building had lain vacant since 1972.

"Our location here in the Royal Docks offers many opportunities," said the Co Mayo Irishman.

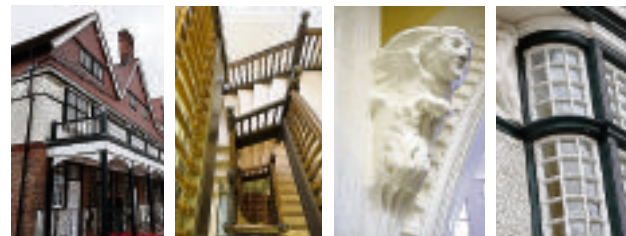
"The region is said to be the capital's next business district, driven by the Mayor of London, private sector and the London Borough of Newham. It's a good environment to work in."

Mr Kenny, who was on a two-day trip to the UK, said: "The reason I came here is because I believe in companies like yours."

"What you have done is to epitomise new values of Irish people here, not afraid of hard work, consistency in the face of challenge and the confidence to do the job and to really get it done."



Irish Prime Minister Enda Kenny mingles with guests at the re-opening of Gallions Hotel in Basin Approach near the Royal Albert Dock



### FACTFILE

■ Designed by Vigers and Wagstaffe, the Gallions Hotel was built between 1881 and 1883 for P&O.  
■ It served passengers waiting to travel on liners berthed in the Royal Albert Dock.  
■ The hotel is said to have featured in Rudyard Kipling's novel, *The Light That Failed*, with the character Dick asking: "Is it

Tilbury and a tender, or Gallions and the docks?"  
■ Closed in 1972.  
■ Corbyn Construction Limited was founded in 1989 and moved its headquarters to the former Gallions Hotel in 2012.  
■ Luckys Gym opened on site in March 2013 followed by The Reach restaurant, last December.



The hotel links the Docklands' past as a shipping hub, with its future as a residential and business centre

Bringing the building back to life has been important for both business and the community in Gallions Reach.

It houses The Reach Restaurant spanning the ground floor while Luckys Gym takes up the downstairs space, and the secret tunnel area formerly used to shuttle passengers to and from the boats.

At one point the building, designed by George Vigers and Thomas Wagstaffe, also boasted its own railway station.

The station opened in 1880 as part of a branch line of the Eastern Counties and Thames Junction Railway, and was later resisted in 1886, before finally closing to passenger services in 1942.

James Akenhead, owner and manager of The Reach, said he had strived to create a community pub for those living in the nearby apartments.

"With the flats, as nice as they are, they lack neighbourhood and the next door feeling and it's tough to get that," said the 30-year-old.

"Here I wanted to create a neighbourhood atmosphere for people and give them what they want – people are meeting each other and it's great to see they are all enjoying themselves."

"It's what I designed it to be and that makes me happy."

Claire Murrin, resident at The Galley opposite, gave a thumbs-up to her local, and said it played a role joining together its inhabitants.

"This is the centre of the community now," she said. "It's had a great impact."



## Digest

Police station  
'is staying put'

**TOWER HAMLETS** The Met Police have denied their headquarters on the Isle of Dogs is to be sold off.

Residents launched a petition after rumours spread the police station was to be turned into a primary school.

Leaflets from the Island Gardens Residents Association said: "Our police station will be lost forever."

Chief Supt Dave Stringer told residents: "You can be rest assured that there are no plans in turning Isle of Dogs Police Station into a college."

"Isle of Dogs police station is remaining as a police station."



**STRATFORD** A large sculpture stands in the grounds of the newly transformed East Village near the Olympic Stadium. The former athletes' accommodation for the London 2012 Olympics is starting to be occupied by new owners and will eventually contain more than 2,000 apartments for rent.

New lights for  
danger woods

**WAPPING** Tower Hamlets Council has improved lighting at Wapping Woods in response to serious concerns from residents about crime.

It follows incidents at the end of 2012 for that saw a man sentenced for grievous bodily harm after separate attacks on two lone women.

Sijil Miah, 32, of Shadwell, was given an indefinite hospital detention order after pleading guilty in June.

Council officials have now added extra lighting, using LED technology, throughout the woods and the footpaths leading up to it. CCTV cameras will later be added.

O2 tops ticket  
sales league

**GREENWICH** It's lucky number seven for The O2 which has been named Pollstar's International Venue of the Year for 2014.

The North Greenwich stage scooped the award – which



has sat on its mantelpiece every year since opening in 2007 – after selling more tickets than any other music stage in the world – 2,123,646.

General manager Rebecca Kane said: "2014 has got off to a stonking start with a six-night Beyoncé run and five nights of Taylor Swift."

Dragon boats  
head for dock

**CANARY WHARF** A sports extravaganza is coming to Canary Wharf including a dragon boat race.

The events are running from Monday (March 17) to the following Sunday, raising money for Sport Relief.

There will also be mini golf, padel tennis, netball, outdoor workouts and a host of other activities.

The dragon boat race will be hosted by Docklands Sailing and Watersports Centre and will take place at the dock in front of Canary Wharf Tube Station. It will take place next Friday at 4pm. Go to [canarywharf.com](http://canarywharf.com).

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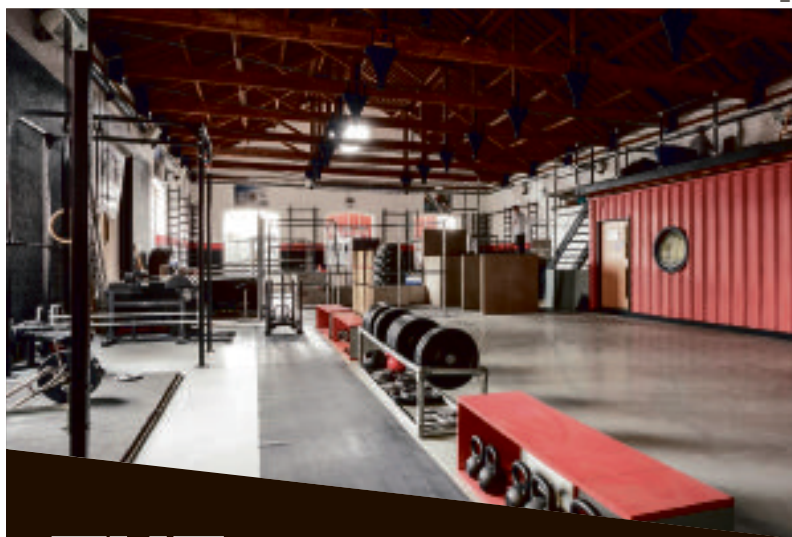


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# What's On

Wolves gather as Wilton's set for makeover



## STAGE

A lost village, star-crossed lovers, mysterious wolves and the story of a community trying to save what is most precious to it.

Some 500 years ago, founding fathers built a log church in a village deep in the heart of Transylvania where, centuries later, the villagers still worship.

When Eveline, the lop-faced daughter of a leading family, elopes with Vadim, the crippled son of a Roma dancing clan, the little village is sent into a frenzy.

Only priest Father Nandru is aware that just around the corner a far more dangerous threat is lurking, and that this community must put their differences aside if anything is to survive into the future.

Folk tale *Father Nandru And The Wolves* is the new drama at Wilton's Music Hall written especially for the space by award-winning playwright Julian Garner, using the eccentricities of the former music hall.

Narrated in verse and based on a true Romanian story, the drama is presented with larger than life puppetry and some impressive feats of engineering.

This will be Wilton's last full scale production for a year before going under wraps and a smaller artistic programme moves to the The Chrysalis Club.

The £2.45million Phase Two of the capital programme will repair the five Georgian houses that make up Wilton's front of house securing the building and as well as enabling more arts, heritage and learning and participation projects to take place. Mar 18-April 18, Wilton's Music Hall, 7.30pm, £13-£25, wiltons.org.uk.

## Cafe's journey into Britishness

## EXHIBITION

PATRIOTIC images and illustrations are whipping a Shoreditch cafe into a frenzy of Britishness this month.

Artwork created from handmade or recycled paper is at the heart of *Beer, Tea And British Folklore*, an exhibition of upcycled craft and drawings showcased at Full Stop. Until Mar 31, Full Stop Cafe, Brick Lane.

# Race of revenge sees Aaron in driving seat

Homage to computer game franchise hits fast forward button

## SCREEN

**Need For Speed**

(12A) 130mins

How long will it be, I wonder, before the star of this game-to-screen howler loses his prefix?

This is the first film of "Breaking Bad's Aaron Paul" and it's a racing certainty that six months' hence he won't be known as "Need For Speed's Aaron Paul".

Because when the actor sets down his final script, this high octane outing will be seen as a curious footnote, a strange detour from his natural métier – which is the kind of compromised human soul that he created so memorably in Jesse Pinkman.

Paul says of his character, Tobey Marshall, that he too is conflicted. Which is much like saying Simon Cowell is a Hamlet of indecision.

The blue-collar racer has issues, yes. But they mostly concern themselves with nemesis Dino Brewster (Dominic Cooper), the hoity-toity monied bad guy who bumper-nudged Tobey's pal Pete into the afterlife to win money and pride but no friends.

Brewster does the crime but Marshall does the time and two years later he's out of the clink full of thoughts of revenge that are best answered in the elite set piece DeLeon, a winner-takes-all illegal road race.

First he has to get to the starting



Aaron Paul plays Tobey Marshall, a road racer with a chip on his shoulder

line, with a bounty on his bonce. And for this sojourn, Marshall acquires flinty Brit Julia Maddon (Imogen Poots) as the "right seater".

They make quite a pair and while the chemistry between them falls short, she's a delight (as always), he's a treat and the fact that their claustrophobic cross-country caper isn't a disaster must have been an unexpected surprise to thenscript writers who get most other things wrong.

There is nothing wrong with this movie except for all the things that would be wrong with a movie born of a computer game.

The story, of racing and redemption, is slapped on clumsily between some throaty car-on-car action and when the story gives up trying, it's over to narrator The Monarch (Michael Keaton) to tie up the loose ends with some laughable trowel work.

No point wasting time with devel-

opment and denouement and whatnot when there are Bugattis and McLarens and Mustangs and Gran Torinos burning rubber in the badlands.

And the car stunt work is excellent. Director Scott Waugh has made authenticity his mantra and he's done nothing here, he tells us, that wasn't done on the ground. No CGI in sight.

Instead, there's a lot of first-person action, some homage to the '70s asphalt rippers like *Bullitt* and *The French Connection*, some *Dukes Of Hazzard* police baiting and a Stig or two.

If you came to see *Tea With Mussolini*, look away now, because Aaron Paul is braking bad.

**Giles Broadbent**

## Our verdict

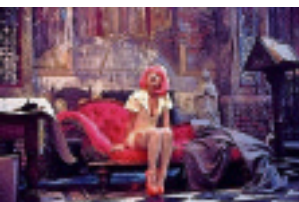
Aaron Paul reprises his role as the Star In The Unreasonably Priced Car

★★★☆☆

## SCREEN

**The Zero Theorem**

(15) 106mins



Terry Gilliam lets his imagination run riot in this dystopian fantasy. Reclusive computer genius Qohen Leth (Christoph Waltz) is employed by the Orwellian organisation Corporation ManCom to spend hours in front of his keyboard creating lines of complex code.

His boss's son Bob (Lucas Hedges) gatecrashes Qohen's carefully ordered world along with dwarves and a voluptuous escort girl, who distracts him from the important task at hand. Qohen must adapt or crash and burn.

★★★☆☆

## SCREEN

**Veronica Mars**

(12A) 105mins



The critically acclaimed TV series *Veronica Mars* ran for three series then was cancelled, to the dismay of millions of viewers.

Thanks to the fundraising website Kickstarter, writer-director Rob Thomas and lead actress Kristen Bell have managed to raise more than \$5million to resurrect the characters for this big screen investigation.

Private detective Veronica Mars (Bell) starts afresh in New York but ghosts of the past return when an old flame is accused of murder.

★★★★☆

## SCREEN

**Under The Skin**

(15) 108mins



Director Jonathan Glazer divided critics at the 2013 Venice Film Festival with this quixotic sci-fi drama.

The story centres on a young woman called Laura (Scarlett Johansson), who drives around the country in her large van, picking up men with the promise of sex.

As they wander into her various dimly lit lairs, these would-be suitors are oblivious to the shocking truth: Laura is an earthbound extra-terrestrial who sheds her skin during copulation.

★★★★☆

# Seven Days

## Stage

**Performance of light and dark**



★ **Shadowland** is a fusion of styles from the acclaimed Pilobolus Dance Theatre.

Dancers present a mix of shadow theatre, dance, circus and concert, incorporating multiple moving screens of different sizes and shapes to create a performance that merges projected images and front-of-screen choreography. Until Mar 30, Peacock Theatre, 7.30pm, £15-£40, sadlerswells.com.

## Stage

**Big screen thrills brought to stage**



★ The big screen thriller **Fatal Attraction** is given the stage treatment with a glitzy production at the Haymarket from Trevor Nunn.

Natascha McElhone will play femme fatale Alex Forrest, Mark Bazeley will play Dan Gallagher and *Sex And The City's* Kristin Davis will play Beth Gallagher in a story of obsession and revenge. Until June 21, Haymarket, 7.30pm, £12-£63, trh.co.uk.

## Stage

**Acid drips on to a family drama**

★ Creator of hit TV series *Brothers & Sisters* Jon Robin Baitz's stage debut is the award-winning **Other Desert Cities**, an acidly witty family drama in which a reunion is blown apart by the revelation of long-hidden secrets.

Lindsay Posner returns to direct Sinéad Cusack, Peter Egan, pictured, Clare Higgins, Daniel Lapaine and Martha Plimpton in this UK stage premiere. From Mar 13, The Old Vic, 7.30pm, £16-£48, oldvictheatre.com.






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# Travel

## Emerald capital beckons strongly from across sea

### DUBLIN

It might be too late to hit Dublin by St Patrick's Day but the city is a great bolthole, writes **Jon Massey**

**W**here's the pepper?" came the shrill cry of the lady in the chef's whites with her head buried in a hostess trolley.

"There's no pepper. I can't find the pepper. Where's the pepper? There's no pepper. Where is the pepper?"

The pitch rose and the tone became more insistent. Minutes passed. It was as though a visitor to Father Crilly's had refused an offer of tea from Mrs Doyle.

I was killing time before my flight and had popped into The Mullingar House, featured in *Finnegans Wake*, for a traditional Irish lasagne and chips with a Guinness on the side. Unlike many pubs in the city which make the claim, James Joyce himself used to frequent the bar.

"Where's the pepper? I'm so sorry." A shiny, hysterical face appeared. "My niece was supposed to be in today but she's sick and I don't know what she's done with the pepper."

"We've salt and vinegar but I just can't find any pepper. Would you like any sauces?"

I lied; no. Relieved, she bustled off to apologise to someone else for her Chapelizod establishment's condiment deficiency.

A caricature perhaps, but typical of Dublin's warmth and desire to please, a breath of fresh air in contrast to the often blunt service on the Wharf.

It might be short notice to pop over for St Patrick's Day, but thanks to London City Airport's slickness Dublin is perfect if you need a bolthole. I'd forgotten just how smooth the operation of the Wharf's closest international terminal is.

My flight a few weeks ago was mid-morning and the journey from taxi door to departure lounge was just eight minutes.

Not 80, not 18. Eight. I accept this was probably something of a fluke even for LCY, but it seems incomprehensible that such a mess is made of the process at other airports.

Best of all, the departure lounge was quiet. A pristine space. PowerPoints and laptop tables at every elbow. Civilised.

**N**o idea what to expect, I'd booked what turned out to be a charming basket case of an establishment. The decor at the Roxford Lodge Hotel (roxfordlodge.com) appeared to have been reclaimed from a Laurence Llewelyn-Bowen *Changing Rooms* disaster – my bedroom included a pelmet crammed with frenetic fibre optics.

But once I'd worked out how to turn them off relaxation set in. Who doesn't enjoy a miniature in-room sauna and a wet room equipped with two showers next to each other?

Better still were the (delicious) cooked breakfasts garnished each day with a slice of cucumber beneath a tiny triangle of yellow cheese.

Beyond the faintly unhinged accommodation



No pepper, but cucumber garnish; breakfast at the Roxford. Below, The Bank on College Green



I found a colourful city with much to offer even in its most touristy parts.

Keen to uncover Dublin's hidden side, I made for Temple Bar and strode into the first place that sounded like it could be in London.

Elephant And Castle (elephantandcastle.ie) proved ideal for light brunch. Reasonably priced and packed with smiling Dubliners, it was a perfect refuge from the rain and a reliable source of O'Hara's stout, a punchy alternative to Guinness.

For a little culture I popped over to the Chester Beatty Library (cbl.ie) – a sort of revolving bookcase where the iceberg tip on display hints

### DETAILS

■ Flights to Dublin with Cityjet start at £99 return or £79 one-way. Flights take approx one hour and 25 minutes. To book go to [cityjet.com](http://cityjet.com).

■ Jon stayed at the Roxford Lodge Hotel which offers rooms for about 89 euros a night in March. All rooms feature either a sauna or a jacuzzi bath or both. To book go to [roxfordlodge.ie](http://roxfordlodge.ie).

at boundless treasures not on show. An impossibly rich individual, Beatty's tastes were myriad, with Marie Antoinette's bible housed alongside beautiful oriental texts scribed on silk.

Artefacts went hand in hand with the books – elaborate kimonos and elegant katana – all housed in a blocky modern fortress.

The following day I escaped the city by hitching a lift to Knocksink Woods – a nature reserve to the south. Mossy glades and the Glencullen river combined with multiple dog walkers for a relatively tame idyll that still felt a million miles from London.

Walking generated a terrible thirst and back in central Dublin I found solace in The Bank on College Green (bankoncollegegreen.com).

Its opulent interior, replete with marble, mosaics and palm trees made it the perfect place to sup a pint of the black stuff.

And, if you become bored with stout, its highly competent bar staff are more than capable of whizzing up a decent martini.

Wheeling out of the bar and taking once more to the streets I revelled in Dublin's muted buzz.

A well-heeled hangover from good times gone and an anxiety about the future, but presented with a warmth that's too hard to replicate in London.



Maafushivaru, an underwater volcano

## Isolation, until we're ready for pampering

### MALDIVES

**W**hat marks Maafushivaru out from other resorts in the Maldives is its smaller neighbouring uninhabited island of Lonubo.

My husband and I decide to splash out the extra 1,000 US dollars for a Robinson Crusoe-chic overnight stay.

Our adventure begins late afternoon when the dhoni boat drops us off on Lonubo and we stroll barefoot in the sand to our wooden bungalow.

We arrive to find an exterior bathroom with a rainshower, big screen TV, pink frangipani scattered on crisp white bed linen and a bottle of sparkling wine on ice.

It doesn't take long for us to head to the dead calm sea which is 30C. As darkness falls we lounge on the beach bed, play on the oversized sofa swing and watch clusters of crabs building their evening home in the sand.

The dhoni boat returns and a couple of members of staff busy themselves with setting up the barbecue for a menu of grilled fish and lobster, which is served by candlelight.

Twenty feet from our table, there's another light show going on which captures our attention. Bioluminescent plankton are performing in the sea under a blanket of darkness.

That night, alone on the island, we enjoy a peaceful night's sleep and awake to the sound of blackbirds frolicking in the palm trees.

**Sam Wylie Harris**



Sam enjoys the blistering beaches

### DETAILS

■ Sam was a guest of Kuoni ([kuoni.co.uk](http://kuoni.co.uk)) which offers seven nights all inclusive at the 4.5-star Maafushivaru in a beach villa, including flights with British Airways from Gatwick and transfers. ■ Prices are from £2,539 per person, based on two sharing.



# mothers day pamper

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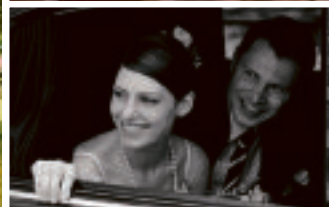


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# Fashion

Ready for March 17 **Beth Allcock** selects some hot looks

## 6 green greats for St Patrick



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mac, £69  
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**LEGS LOVE**  
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Day tights, £11.63  
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**Leather neckline**  
flare dress, £50  
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**light green raglan**  
sleeve jumper, £20  
riverisland.com

**HOT SQUASH**  
**Green top, £55**  
hotsquash.com



**M&S**  
**Blue Harbour**  
rugby shirt, £35  
marksand  
spencer.com



### HAIR E14

#### Get your barnet ready for the spring sunshine

★ While you're injecting spring style into your outfits, don't forget about your do. Isle of Dogs salon Hair E14 is offering 50% off colour treatments every Monday or 25% off the same service every Friday.

The hairdresser uses top quality products such as Kerastase and GHD and is open until 8pm – perfect for a post-work appointment. Call 020 7515 6677 to book.

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Customers who spend £150 or more on Wolford's latest spring/summer 2014 collection will be treated to an exclusive gift from REN's award-winning Rose Otto Body range. The offer runs until March 16 while stocks last. Go to [wolfordshop.co.uk](http://wolfordshop.co.uk).

KAY LOCKETT



Enjoy the luck of the Irish in nail varnish form with Oki-Doki's deluxe manicure

## Give your nails some shamrock'n'roll

### REVIEW

#### St Patrick's Day manicure

Oki-doki Nail Bar

Although you might not have the luck of the Irish or even the charm of the Celts, you can still impress in true shamrock style with just the tips of your fingers.

With pastels and mint hues filling the spring summer catwalk, its never been a better time to grab the statement colour and translate the trend into some St Patrick's Day attire.

But, as fashion designers are giving green garments a helping hand this year, it might be time to switch the spotlight to some emerald nail art.

Van Hoang, technician at Oki-Doki Nail Bar on the Isle of Dogs, said she was no stranger to adorning her clients' talons in green, white and

orange for the March 17 celebrations. Armed with OPI's Alpine Snow and Austin-Tatious Turquoise polishes, a paintbrush and Pro Oumaxi 3D paint, I opted for petroleum green shimmer nails bar both ring fingers – which were painted white and adorned with a cute shamrock.

Within 30 minutes my Irish-themed transformation was complete.

It's a sassy and sophisticated nod to the celebrations without looking tacky and predictable – all I need now is a pint of Guinness to wrap my hands around and showcase my manicure to best effect.

Deluxe manicures start from £13 at the Isle of Dogs establishment.

**Beth Allcock**  
Oki-Doki Nail Bar, Pepper Street,  
Crossharbour, 020 7538 0770.

★★★★☆



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**CHINESE** female, nurse, N/S, GSOH, likes music, dancing, meals out, holidays, reading, seeking nice genuine guy, 45-60 for LTR. Tel No: 0906 500 3729 Box No: 410935

**ADVENTUROUS** attractive lady seeks no strings casual times with discreet gent. Tel No: 0905 002 1953 Box No: 409991

**SANDY** 60's, nice personality, GSOH, likes most things, seeks male, 62-70 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410917

**FEMALE** slim, blonde, blue eyes, seeking attractive male, 60-65, slim-medium build, N/S with GSOH. Tel No: 0906 500 3729 Box No: 410545

**SAM**, 35yrs, own business, sexy, loves dressing up and married, seeks discreet man for casual meetings. Can travel anywhere. ACA. Tel No: 0905 002 1959 Box No: 408297

**DIANE** late 40's, likes walks, wining/dining, movies, bowling, concerts, looking for mate in Essex area, late 40-50's. Tel No: 0906 500 3729 Box No: 405441

**LAURA** happy size 12-14, attractive, loves shopping, gym, music, clubbing, eating in/out, looking for sincere honest male looking for more than just good fun. Tel No: 0906 500 3729 Box No: 410713

**52YR** old female, seeks N/S male to share and enjoy life with, 48-56. Tel No: 0906 500 3729 Box No: 409577

**SUSAN** 29 green eyes, dark hair, slim, looking for Mr tall dark and handsome to take me out, enjoy adult times without complications just fun. Tel No: 0906 500 3729 Box No: 410957

**JANE** pretty size 12, loves going out socialising, countryside, meals out, looking for no strings fun, nothing heavy, give me a call if you are seeking similar. Tel No: 0906 500 3729 Box No: 410579

**SARAH**, married lady seeks discreet no strings fun with gent. ACA. Tel No: 0905 002 1947 Box No: 408291

**SUE** optimistic divorced lady with OHAC, good job, enjoys meals out, cinema, countryside, pub lunches, looking for likeminded outgoing happy male. Tel No: 0906 500 3729 Box No: 410467

**CATHY** very much a lady seeks gent up to 62yrs who would appreciate an independent professional sassy female who loves to be winned, dined and romanced. Tel No: 0906 500 3729 Box No: 410301

**ANNA**, busty mature lady seeks no strings discreet meetings with male any age or location. Tel No: 0905 002 1952 Box No: 366019

**JOSEPHINE** pretty Chelmsford lady seeks benevolent gent for ongoing discreet daytime dalliances, 65 plus. Tel No: 0906 500 3729 Box No: 410991

**TERRI** 44 green eyed long legged busty blonde, loves to dress up and look feminine, seeking loving, fun, honest professional to fall head over her heels with. Tel No: 0906 500 3729 Box No: 410315

**KAREN** very nice looking mature busty size 14 blonde who loves life, spending time in my home abroad and having fun, seeking similar mature gent for quality times. Tel No: 0906 500 3729 Box No: 410477

**ANNE** happy go lucky lady who loves wining/dining, affectionate, honest, sincere and down to earth, looking for similar qualities in companion, if that's you pls call. Tel No: 0906 500 3729 Box No: 410291

**SHARON** young single mum slim, blue eyes, attractive, likes nights in/out, WLTM kind male/dad to enjoy dates, chats, hopefully leading to more. Tel No: 0906 500 3729 Box No: 410279

**KATIE** 21yr old very attractive female who is up for most things, looking for daytime fun, no strings and discreet pls. Age/status unimportant. Tel No: 0906 500 3729 Box No: 410573

**JEWISH** widow, 67, loves animals, seeks genuine, Jewish gent, 68-73 for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410547

**DAWN** 38 dark hair/eyed medium built busty female who loves nights in/out, WLTM fun honest male/single dad with GSOH to help mend my broken heart. Tel No: 0906 500 3729 Box No: 410483

**WHITE** female, 55, seeks white male, 50-55, likes travel, concerts, sports, TV, meals out. Tel No: 0906 500 3729 Box No: 409315

**SUE** young at heart female, very adventurous and looking for no strings fun with mature man. Tel No: 0906 500 3729 Box No: 409251

**LUCY** truly wonderful brunette who really loves life, seeking sincere male for true friendship with a little romance thrown in for good measure. Tel No: 0906 500 3729 Box No: 407457

**CATHY** happy independent female looking for her soul mate, someone to spend quality time but who also likes their own space. Tel No: 0906 500 3729 Box No: 409909

**VANESSA** 32yrs single mum, honest, loving, kind hearted, been hurt in the past enjoys music, reading etc, WLTM my very special Mr Right. Tel No: 0906 500 3729 Box No: 409899

**MARIE** slim attractive fun brunette, looking for good times with exciting broadminded male. Status unimportant. Tel No: 0906 500 3729 Box No: 409707

**CLAIRE** young 39 slim size 10, pretty, outgoing, seeks similar spontaneous male for nights in/out and fun times. Tel No: 0906 500 3729 Box No: 409417

**YOUNG** 60 blonde, seeking male, 55-70 who I can have fun, laugh with, holidays and days out, who knows. Tel No: 0906 500 3729 Box No: 410181

**59YR** old female, looking for gent, 60-65 interested in night out, theatre, dancing and nights in. Tel No: 0906 500 3729 Box No: 410067

**63YR** old slim blonde, seeks gent 55-70 for happiness, holidays and meals out. Tel No: 0906 500 3729 Box No: 410017

**ATTRACTIVE** cuddly young 60, N/S, GSOH, likes music, travel, coast, countryside, seeks tall, clean, affectionate male, 58-64 with GSOH for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409699

**CAROLYN** friendly, caring, creative, likes meals out, art galleries, travel, poetry, conversation seeking male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409685

**EASY** going female, 50, 5ft 6ins, N/S, likes walks, meals out, nights in, cooking, music, seeks similar N/S, kind, caring male for LTR. Tel No: 0906 500 3729 Box No: 409681

**DOWN** to earth female, good heart, attractive, fair hair, green eyes, 5ft 7ins, good personality, likes a good time, seeks male. Tel No: 0906 500 3729 Box No: 409657

**SANDY** 60's, likes most things, seeks male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 409705

**CARING** lady, seeking caring Rastafarian for relationship, likes meals out, pubs and walks. Tel No: 0906 500 3729 Box No: 409463

**SHIRL** 69, true romantic, seeks clean-shaven, N/S, romantic male for cosy nights in and travelling. Tel No: 0906 500 3729 Box No: 409459

**ANGIE** 32 curvy size 16, very attractive, good company and really fun to be with. What are you waiting for? Call me. Tel No: 0906 500 3729 Box No: 409255

**SARAH** pretty petite green eyed female, lots of fun, likes children, animals, gym, eating out, running, sports, fast cars, shopping, seeking, nice guy to spend time with. Tel No: 0906 500 3729 Box No: 408879

**FLOR** beautiful educated European blonde, articulate, seeking similar intelligent well-mannered mature gent to enjoy socialising, conversing and quality times. Tel No: 0906 500 3729 Box No: 408293

**CAROL** 35yr old self-employed nurse, looking for similar lonely male who likes travel, holidays, theatre and most important. Tel No: 0906 500 3729 Box No: 409085

**VICTORIA** 38 fun loving and single looking for fun times with male, preferably Asian. Any age. Tel No: 0906 500 3729 Box No: 408729

**LIZ** attractive blonde blue eyed female with no children/ties, loves country living, animals, seeks male companion for holidays, cosy nights and more. Single dad welcome. Tel No: 0906 500 3729 Box No: 408629

**GENUINE** reliable, traditional, sociable, N/S male with GSOH, seeks positive, loyal, slim, kind hearted 60's female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410381

**MICHAEL** black male, medium build, 50, kind, caring, easy going, seeks female for LTR. Tel No: 0906 500 3729 Box No: 410759

**TED** divorced, 62, smoker, 5ft 8ins, stocky, likes walks, swimming, dancing, meals out, seeks slim female, 30 plus for LTR. Tel No: 0906 500 3729 Box No: 410745

**REASONABLY** attractive male, 5ft 10ins, semi-retired Irish businessman, 64, N/S, GSOH, seeks female for friendship/relationship. Any nationality. Tel No: 0906 500 3729 Box No: 410591

**BUILDER** 44, tall, good looking, GSOH, kind, considerate, easy going, seeks female. Tel No: 0906 500 3729 Box No: 410689

**BLACK** male, 38, kind, caring, easy going, seeks female for relationship. Tel No: 0906 500 3729 Box No: 410607

**TALL** male, 47, kind, caring, honest, loving, seeks female, 30-44 for LTR. Tel No: 0906 500 3729 Box No: 410515

**SUSAN** 24yr single mum of two, likes nights in/out, walking, swimming, running, WLTM tall, loyal easy going male to end lonely nights and brighter days. Tel No: 0906 500 3729 Box No: 408287

**ENGLISH** Rose, seeks generous thorn for mutually beneficial discreet liaisons, 50-80. Tel No: 0906 500 3729 Box No: 409037

**IS** there a gentleman out there? 53, blonde hair, blue eyes, 4ft 11ins, likes nights in/out, seeking gent, 50-60 top treat lady how she should be. Tel No: 0906 500 3729 Box No: 408825

**SOPHIE** attractive hard working female, who enjoys dancing and good company, WLTM loving male to enjoy nights out and genuine laughter. Tel No: 0906 500 3729 Box No: 408625

**64YR** old West Indian lady, semi-retired, likes meals out, nights in, holidays, seeks West Indian gent, 58-64 for genuine relationship. Tel No: 0906 500 3729 Box No: 408573

**MARG** elegant attractive affectionate lady who enjoys many varied interests WLTM genuine male 50-60yrs for mutual indulgences. Tel No: 0906 500 3729 Box No: 408511

**JAN** 38yr old attractive lonely female looking for uncomplicated fun times only. Status unimportant. Tel No: 0906 500 3729 Box No: 409107

**JOANNA** slim attractive blue eyed blonde nurse, divorced with two teenagers, lots of love to give, looking for Mr Right, call me lets put the spark back. Tel No: 0906 500 3729 Box No: 409097

**JERRY** black African, 5ft 8ins, attractive, medium build, seeking big female, size 12-20, max 5ft 7ins, 28-41. Tel No: 0906 500 3729 Box No: 410357

**BLACK** male, 46, kind, caring, easy going, seeks white female, 42-50 for lasting relationship. Tel No: 0906 500 3729 Box No: 410269

**64YR** old white guy, seeking female, any race/religion/nationality for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410255

**42YR** old male, seeking attractive, caring, honest female for LTR, nights out, meals, pubs, travel etc. Tel No: 0906 500 3729 Box No: 410237

**BUILDER** 44, tall, attractive, GSOH, considerate, easy going, seeks female. Tel No: 0906 500 3729 Box No: 410535

**GENUINE** reliable, traditional, sociable, N/S male with GSOH, seeks positive, loyal, slim, kind hearted 60's female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410381

**MICHAEL** black male, medium build, 50, kind, caring, easy going, seeks female for LTR. Tel No: 0906 500 3729 Box No: 410759

**TED** divorced, 62, smoker, 5ft 8ins, stocky, likes walks, swimming, dancing, meals out, seeks slim female, 30 plus for LTR. Tel No: 0906 500 3729 Box No: 410745

**REASONABLY** attractive male, 5ft 10ins, semi-retired Irish businessman, 64, N/S, GSOH, seeks female for friendship/relationship. Any nationality. Tel No: 0906 500 3729 Box No: 410591

**BUILDER** 44, tall, good looking, GSOH, kind, considerate, easy going, seeks female. Tel No: 0906 500 3729 Box No: 410689

**BLACK** male, 38, kind, caring, easy going, seeks female for relationship. Tel No: 0906 500 3729 Box No: 410607

**TALL** male, 47, kind, caring, honest, loving, seeks female, 30-44 for LTR. Tel No: 0906 500 3729 Box No: 410515

**BUILDER** 44, tall, attractive, GSOH, considerate, easy going, seeks female. Tel No: 0906 500 3729 Box No: 410919

**LOVING** male, seeks slim female, 25-45 for LTR. Tel No: 0906 500 3729 Box No: 410771

**BRIAN** 51, 5ft 9ins, medium build, attractive, likes meals out, cinema, long walks, easy going, GSOH, seeks attractive female, 40-50 for LTR. Tel No: 0906 500 3729 Box No: 410901

**TED** divorced 62, smoker, 5ft 8ins, stocky, likes walks, swimming, dancing, meals out, seeks slim female, 30 plus for LTR. Tel No: 0906 500 3729 Box No: 410795

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**IRISHMAN** kind, loving, 58, seeks loving female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410409

**JERRY** black African, 5ft 8ins, attractive, medium build, seeking big female, size 12-20, max 5ft 7ins, 28-41. Tel No: 0906 500 3729 Box No: 410357

**BLACK** male, 46, kind, caring, easy going, seeks white female, 42-50 for lasting relationship. Tel No: 0906 500 3729 Box No: 410269

**64YR** old white guy, seeking female, any race/religion/nationality for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410255

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**GENUINE** reliable, traditional, sociable, N/S male with GSOH, seeks positive, loyal, slim, kind hearted 60's female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410381

**MICHAEL** black male, medium build, 50, kind, caring, easy going, seeks female for LTR. Tel No: 0906 500 3729 Box No: 410759

**TED** divorced, 62, smoker, 5ft 8ins, stocky, likes walks, swimming, dancing, meals out, seeks slim female, 30 plus for LTR. Tel No: 0906 500 3729 Box No: 410745

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**BLACK** male, 38, kind, caring, easy going, seeks female for relationship. Tel No: 0906 500 3729 Box No: 410607

**TALL** male, 47, kind, caring, honest, loving, seeks female, 30-44 for LTR. Tel No: 0906 500 3729 Box No: 410515

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**70YR** old male, seeks similar female with mutual interests for daytime meets to include lunch and tete a tete. Tel No: 0906 500 3729 Box No: 409989

**MALE** 5ft 8ins, likes dancing, gardening, countryside, seeks attractive, caring lady for friendship and romance. Tel No: 0906 500 3729 Box No: 409951

**TONY** 6ft 11ins, slim, 50, down to earth, decent, easy going, genuine, likes meals out, cinema, countryside, animals, seeking similar female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 410157

**SEMI** retired solvent gent, 66, active, hoping to find romantic, daytime discreet fun with mature, tactile, feminine lady. Tel No: 0906 500 3729 Box No: 410145

**BUILDER** 44, tall, good-looking, GSOH, kind, considerate, easy going, seeks female. Tel No: 0906 500 3729 Box No: 410073

**MALE** 41, attractive, intelligent, nice personality, likes cinema, theatre, meals out, seeks caring, slim, attractive female, 30-42 for relationship, Essex/East London. Tel No: 0906 500 3729 Box No: 410327

**ALLEGEDLY** handsome blond blue eyed male, 47, genuine, caring, fun loving, GSOH, OHAC, seeks genuine, fun loving black/Oriental/Asian female. Tel No: 0906 500 3729 Box No: 409843

**TALL** handsome professional Asian male, seeks smart, attractive, slim, bubbly lady for caring, discreet relationship. Tel No: 0906 500 3729 Box No: 410161

**TALL** slim, fun loving Asian male, 43, seeks female, any age for discreet liaisons. Tel No: 0906 500 3729 Box No: 409993

### Men seeking men

**WHITE** male, 62, medium build, own apartment, clean living, seeks clean shaven Asian guy for fun and friendship. Tel No: 0906 500 3729 Box No: 409225

**GOOD** looking bi guy, mid 50's, passive, slim, seeks assertive, bossy gay guy for friendship and fun. Tel No: 0906 500 3729 Box No: 409671

### Friends

**FEMALE** seeking male/female for friendship, cruising, holidays etc. Tel No: 0906 500 3729 Box No: 408935

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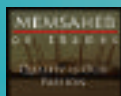
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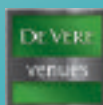
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# Health

## Mish-mash class is double the fun

Combination of yoga and Pilates sees **Beth Allcock** leaving Westferry with a smile

### REVIEW

#### Yogalates

Boutique Beauty Pilates, Westferry

**W**ith a name that effortlessly rolls off the tongue while evoking thoughts of a luxurious frothy coffee, Yogalates is a rather scrummy form of weekend fitness.

Not at all like the sharp, angular initials of other classes like HIIT (High Intensity Interval Training) that prompt fear before you've even stepped inside the door.

This blend of Pilates and yoga is a calmer but effective way of starting your Sunday – with cushioned, feather-soft mats adding an indulgence that chimes well with the portmanteau brand.

And if you're still feeling delicate from the night before, the calming CD soundtrack should help soothe a thumping head.

Better still there's a maximum of only seven other classmates scattered around the crisp white studio to share the experience.

We started with breathing techniques and spinal exercises, cross-legged followed by traditional Pilates abs work centred on the table-top pose.

And thoughts of a creamy post-workout caffeine fix were pushed to one side as engaging the stomach muscles became the centre of attention with exercises that produced a satisfying burn.

Instructor Markella Kefallonitou led the class brilliantly, running through the moves so they were easy to understand while not causing the session to stutter to a halt.

So when it came to yoga's warrior and half moon poses – something I was familiar with from Bikram – it was easy to lose myself confidently in the motion and focus on its benefit.



Markella Kefallonitou strikes a pose as she takes a Sunday morning session

We finished the hour-long Pilates-yoga mash-up with a spot of meditation, basking in the sun streaming through the windows.

I left feeling tranquil and chilled but with the knowledge my posture and core muscles had endured a thorough and effective workout.

Instead of heading across the road to the DLR though, I was still Starbucks-bound, my latte craving unsated.

■ Check the website for session details. Classes cost £12.50 pay as you go or £60 for a block of six. Pre-booking is essential.

Go to [boutiquebeautypilatesanddance.co.uk](http://boutiquebeautypilatesanddance.co.uk).

### Our verdict

It won't cure your desire for a latte but it'll do your core a power of good

★★★★☆

### THEY SAY

■ Markella Kefallonitou, left, Yogalates instructor at Boutique Beauty Pilates and Dance in Westferry Studios, said: "The class is a mix of yoga and pilates and both of them work on the body and mind. It's a nice combination of the workout aspect of each discipline."

"From pilates its about core engagement and strength and thinking of the alignment of the body. From yoga, it's the same core strength in a more flexible version of yoga poses, or asanas."

"Many people who take up yoga and pilates separately would love to find a way of combining them and those who do, really enjoy the class."

"It's beneficial as you can work your body in the same way, using the same principles, but in a more open-minded way and you can combine the best aspects of each technique and bring them together to have an even more full result for the body."



BETH ALLCOCK

### THIRTYSEVENDEGREES

## Get your body in beach condition for summer

★ With the sun starting to shine, a Tower Bridge gym has launched a high-intensity session. It's all about Beach Body Blitz at Thirtyseven-degrees clubs, a conditioning class combining cardiovascular exercises, light weights and high rep levels to boost fat burn and full body toning.

Classes for members run every Tuesday, Thursday and Saturday.

Go to [tower.thirtysevendegrees.co.uk](http://tower.thirtysevendegrees.co.uk).

### REEBOK SPORTS CLUB

## Feed your body to relieve stress and boost energy

★ Focus on both food and fitness at a March masterclass in Canary Wharf.

On Saturday Reebok Sports Club in Canada Square will host an hour-long Food For Your Soul workshop for members, starting at 1.15pm.

Top tips will be offered on ways to relieve stress, calm the mind, view life in a brighter way and energise the body.

Go to [reebokclub.co.uk](http://reebokclub.co.uk).

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# Food



## COOK WITH QUINTON BENNETT

### Venison and swede pasties

A twist on the classic pasty, this tasty venison version is a real treat. Makes 8 pasties

#### Ingredients

350g diced venison haunch  
350g swede (peeled, diced)  
100g carrot (peeled, diced)  
1 onion (chopped)  
2 cloves garlic (chopped)  
10g tomato paste  
500ml red wine  
2 sprigs thyme  
50ml vegetable oil  
1 knob of butter  
100g plain flour  
10g salt  
5g black pepper  
1.5 litre of water  
250g good quality shop bought puff pastry  
2 Eggs (beaten)

#### Method

Season the venison well and toss in the flour to evenly coat the pieces.

Heat the oil and butter in a heavy based pan, dust off the meat slightly and then brown in the pan. Remove the meat from the pan and set aside.



Could these be the ideal partner for a Guinness?

Add the onion, carrot and garlic to the pan and really scrape the bottom with a wooden spoon to work off all the flour and meat juices.

Add the tomato paste and red wine, stir well and let the liquid reduce by half.

Add the meat and cover with water. Throw in the

thyme then cover and simmer at a low temperature for three hours or until the meat is tender and falling apart.

Add the diced swede and cook for a further 20 minutes with the lid off to reduce the liquid right down, until it becomes a sticky glaze. Check the seasoning and then chill the mixture completely.

Flour a clean kitchen counter top and roll the pastry to 3mm thick. Using a saucer or small side plate as a template, cut out eight circles. Re-roll if necessary.

In the centre of each circle, spoon an equal amount of your pie filling leaving some space around the edge. Fold over the pastry to make a half moon and using a fork press the edges of the pastry together to seal.

Brush each pasty with the beaten egg and bake at 220C for 15 minutes until the pasties are golden and the pastry is cooked through.

Serve with mustard crème fraiche and a green salad on the side.

Quinton Bennett is head chef at The Gun, 27 Coldharbour, Docklands, E14. Go to [thegundocklands.com](http://thegundocklands.com).

# Find the craic on the Wharf and beyond for St Patrick's Day

To help you plan your celebration **Beth Allcock** has picked out some green-themed offers and deals

**L**ooking for somewhere to celebrate on St Patrick's Day? We've been over the Wharf and beyond to bring you the best that London's offering. All offers are valid on March 17 unless otherwise stated.

#### ■ Cat and Canary, Fisherman's Walk

Go traditional and opt for either an Irish stew or boiled bacon and cabbage, both served up with a pint of Guinness, for £10 each.

If you're in the party mood build up a collection of stamps gained when purchasing Jameson or Guinness, to be in with a chance of winning a fun-filled themed selection of prizes including Irish hats.

Go to [catandcanary.co.uk](http://catandcanary.co.uk).

#### ■ Henry's, West India Quay

Mash, veg and a steak and stout pie is up for grabs on a two-for-one deal for £11.75.

Go to [henryscafebar.co.uk](http://henryscafebar.co.uk).

#### ■ Via, West India Quay

If you fancy the same food but a different venue, plump for the two-for-one offer on steak and stout pies for £11.75.

And why not wash it all down with a Pickleback comprising a shot of Jameson whiskey with pickle juice, which has £1 off. Go to [viabars.co.uk](http://viabars.co.uk).

#### ■ Slug and Lettuce, South Colonnade

Tickle the tastebuds with the Slug's St Patrick's

Day offering – The Martini G. Priced at £7.65, it's chambord raspberry liqueur shaken up with sugar syrup and Guinness, and on offer at two for one.

All food is also half price on March 17, adding another excuse to celebrate.

Go to [slugandlettuce.co.uk](http://slugandlettuce.co.uk).

#### ■ The Gun, Blackwall

Switch into St Patrick's Day mode at this riverside eatery with its foodie offerings for March 17.

Choose from Clonakilty Irish black pudding, potato and leek cake, poached hen's egg and shamrock hollandaise for £9 or beef shoulder and Guinness stew, bacon and cabbage with soda bread priced at £18.

Round off with Irish coffee cake for £6.

Go to [thegundocklands.com](http://thegundocklands.com).

#### FURTHER AFIELD

#### ■ Corrigan's Mayfair and Bentley's Oyster Bar and Grill, Central London

For Irish-born chef Richard Corrigan, a single day of St Patrick's Day celebrations just doesn't suffice. So, until March 17, his flagship eateries will be filled with traditional flavours and live entertainment on the big day itself.

At Corrigan's Mayfair, dine on hearty market specials of crispy crubeens with beetroot and horseradish, collar of bacon with



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# Delight at second Masterchef accolade in a row for brasserie

**C**urry spies have been on a Masterchef mission in E1, with the Bangladesh dishes served up at a family-run restaurant taking their fancy for the second year running.

Brick Lane Brasserie has been a fixture in Shoreditch's Banglatown for the past 20 years with a secure customer base made up of tourists, locals and passers-by.

And, following a similar success in 2013, Mohammed Salim's restaurant was declared the favourite flavour by the Restaurant Guides group last month, dubbing it winner of Masterchef of the Year in Brick Lane 2014.

The awards are assessed by secret diners dropping into the area's Indian venues for a hearty meal.

Mohammed said: "First of all, my waiters and chef – my brother Md Shoid Meir – all

give 100% and we have had that same quality since we opened.

"We have still got the same spices and the same recipes. We use a secret blend so we are different food-wise from others on Brick Lane.

"People should try my place because of our variety of dishes. No-one else has this in Brick Lane.

"We also cook with vegetable oil so there are less calories, no colours and everything is natural.

"We are happy we have won this award for the second time in a row. The family has got together and has done it – families are always strong and, because we are a team, we can achieve what we want to."

#### Beth Allcock

Go to [bricklanebraiserie.com](http://bricklanebraiserie.com) or call 020 7377 8072.





Guinness top cupcakes at Island Grill offer an alternative way to celebrate

truffle and cabbage and treacle and Guinness tart with whiskey cream, for a total of £29.

On March 16, an Irish Sunday lunch will be served with three courses for £39.

Meanwhile at Bentley's, Beef and Oyster Bar Irish-inspired offering of four courses and a glass of Bellini for £45 are on offer near Green Park.

A Feast of St Patrick will be held in the restaurant on March 17, followed by live music and entertainment in The Swallow Rooms, where he will play host. The three-course lunch including live Irish music costs £60pp. Go to [bentleys.org](http://bentleys.org) or [corriganmayfair.co.uk](http://corriganmayfair.co.uk).

#### Island Grill, Lancaster Terrace

Whether you fancy a traditional set menu or an afternoon tea, make sure you're still championing the Irish at Lancaster London.

Jameson whiskey macaroons and Guinness top cupcakes will appeal to those with a sweet tooth as part of the tea, from £22, while the Island Grill restaurant will boast a set menu of two courses for £9.50 and three for £12.50, including potato scones with smoked salmon and cream cheese and a chocolate and Bailey's Irish Cream opera.

Offer available between March 14 and 17. Go to [lancasterlondon.com](http://lancasterlondon.com).



Standing in front of his restaurant Brick Lane Brasserie owner Mohammed Salim, left, is proud of the food, right, cooked by his brother, above



## Dancing with green genius

### COCKTAIL REVIEW

Green Shamrock, £10.50

One Canada Square

IN the midst of brash emeralds and lime fluorescents this St Patrick's Day, the more delicate surroundings of One Canada Square will offer respite.

The ETM-owned restaurant and bar has whipped up a pale green number that packs a punch for customers toasting Ireland's patron saint.

Served up in a swish martini glass, first impressions are superb and its taste is just as impressive.

The fresh tang of Portobello Road gin combined with green Chartreuse, maraschino and lime is clean, crisp and throws up images of the Irish countryside.

And, just when you think the magic's over as you descend elegantly to the bottom of the glass a delicious, alcohol-soaked cherry pops up.

Even better, this drink's a regular on the bar's house cocktail list – going under the name Last Word – so if you develop a fondness for the green stuff you won't need to wait a year.

**Beth Allcock**

Go to [onecanadasquarerestaurant.com](http://onecanadasquarerestaurant.com).

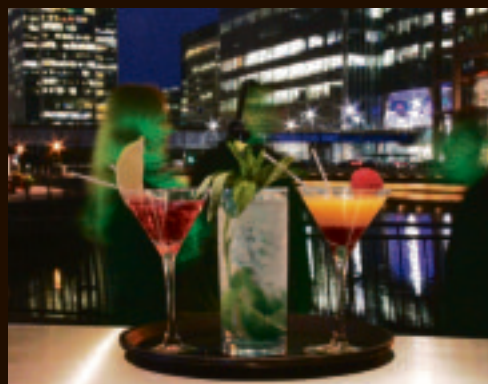
★★★★★



The Green Shamrock or Last Word at One Canada Square



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# LondonEYE



LUKE MACGREGOR



**STAND UP** Actress and singer Jennifer Hudson performs at the WE Day UK event at Wembley Arena on Friday. The inaugural WE Day UK event is run by the charity Free the Children to inspire young people to take action on global issues in a voluntary capacity.

STEFAN WURMUTH



**HARRY'S GAME** Prince Harry and Cressida Bonas attend England's Six Nations match against Wales at Twickenham.

ANDREW WINNING



## GET WIGGY

Silk actress Maxine Peak joins barristers in their wigs and robes during a protest against cuts to the legal aid budget outside Parliament on Friday.

EDDIE KEOGH



## IMPROVED FORMULA

Drivers Felipe Massa, right, of Brazil and Valtteri Bottas, of Finland, pose for photographers at the launch of the new livery for the Williams-Martini Formula One motor racing car in London on Thursday. Italian spirits brand Martini will become the main sponsor of the Williams Formula One motor racing team this season, with the company logo featuring on the predominantly white car. The F1 season starts on Sunday with the Australian Grand Prix.

ARTHUR EDWARDS



## FROM THE PULPIT

Literacy campaigner Malala Yousafzai speaks during the Commonwealth Observance Service at Westminster Abbey on Monday.



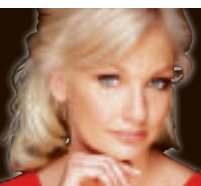
# Take 5

Keep your brain ticking over with our selection of coffee break puzzles



## Stars

With Claire Petulengro



### AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

People listen when you talk my friend, so make the most of the line up and seek out those who hold the power to change your future. Look deeply.

### PISCES

FEB 20-MAR 20

For more call 0905 817 2071

There are more people involved in the upcoming changes than you're planning than you think, so try to be a little more considerate to them.

### ARIES

MAR 21-APR 21

For more call 0905 817 2060

The social area of your life is getting ready for some fun and if this means upsetting one or several faces along the way, then so be it. Know your limits.

### TAURUS

APR 22-MAY 21

For more call 0905 817 2061

You're not feeling as confident as you'd like recently and you'd be wise to make sure you think before you speak. Try to please others, though.

### GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Try not to be too overbearing to new faces but work, instead, on being yourself. It's the real you they'll have to fall for if things are to work out.

### CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

The stars line up to offer you a new view of an old problem that was responsible for the downtrodden mood you've been in of late. Push the limits.

### LEO

JULY 23-AUG 23

For more call 0905 817 2064

You get the chance to go to some new and exciting places. Make sure you save some money for the unexpected. This is one month you need to.

### VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

The opportunity to get away from the rat race has come at the perfect time. Don't give excuses, but be willing to show you're in control of your life, Virgo.

### LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

You must try to give yourself more time to acclimatise to the new situation in your life. You are, at times, your own worst taskmaster my friend.

### SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

You're going to be meeting with some like minded people who show you life can and should be fun. Work requires to you to travel. Do it, whatever.

### SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Your energy levels are not what they should be and you'd be wise to tailor your day to suit how you are feeling, rather than to fit in with what others think.

### CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Today you reach a better understanding with a close one and, due to the fact that you're feeling more in control of life, you could also be willing to take risks.

## Dinner and a Movie



★ Fancy winning dinner and a movie for you and a friend? And then, after watching *The Grand Budapest Hotel*, march off with a goodie bag full of merchandise?

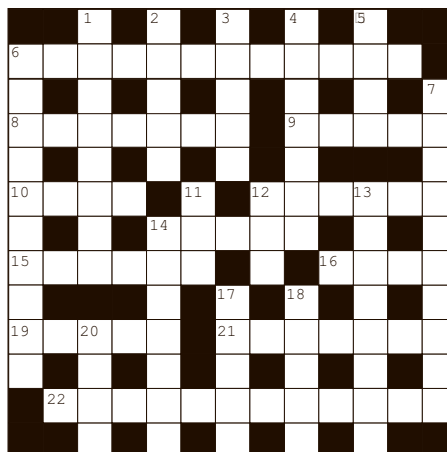
We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two burgers, two bottles of Budweiser (or a bottle of wine) and a pair of tickets to the cinema.

And then there's the goodie bag containing a canvas artwork, a screenplay and a film soundtrack.

To be in with a chance of winning, just tell us the name of the Oscar-winning British actor, pictured here, who plays Gustave, the prissy protagonist and legendary concierge at the hotel.

Email your answer to [newsdesk@wharf.co.uk](mailto:newsdesk@wharf.co.uk) with "Movie Night" in the subject line. The closing date for entries is March 20. You must include your name and postal address.

## Crossword



### ACROSS

6. Major religion (12)
8. Permanent, enduring (7)
9. A plural of penny (5)
10. Going far down (4)
12. To beat (6)
14. Welcome (5)
15. Snuggle (6)
16. Hotness (4)
19. Concerning (5)
21. Stare at, slang (7)
22. Without warning (3,2,1,6)

### DOWN

1. Thrives (8)
2. Savoury jelly (5)
3. Scorch (5)
4. Small piece or brief extract (7)
5. Knock senseless (4)
6. Of Scotland (10)
7. Athletic contest for women (10)
11. Anger (3)
12. Precipitation form (3)
13. Gemstones (8)
14. Greedy guts (7)
17. Bravery award (5)
18. Inner planet (5)
20. Solely (4)

ACROSS: 1. Prosperity; 2. Aspic; 3. Sings; 4. Snippet; 5. Stun; 6. Caledonian; 7. Heptathlon; 11. Ire; 12. Deep; 13. Emeralds; 14. Gilt; 15. Nestle; 16. Heat; 17. Medals; 18. Venus; 19. About; 20. Only. DOWN: 1. Prosperity; 2. Aspic; 3. Sings; 4. Snippet; 5. Stun; 6. Caledonian; 7. Heptathlon; 11. Ire; 12. Deep; 13. Emeralds; 14. Gilt; 15. Nestle; 16. Heat; 17. Medals; 18. Venus; 19. About; 20. Only.

## Sudoku

### EASY

9				2				4
4	7	3	5			1	2	9
	2	6	9	4	3	5		
	8		3	5	4	7		
	4	1	2		9		5	6
5	9	7	8		1	2	4	
8	6	4	7	9	5			2
		9			8	4		5
7	1	5	4	3				8

### HARD

	7	9						4
3	2	4				6		
					5	3		
			9	8	4			
			1				9	8
6					2			
		2		7		8		
	3				9	4		
	1			5				6

### GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

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The Wharf's Sudoku puzzles are supplied by [sudoku-puzzles.net](http://sudoku-puzzles.net)  
For more free brainteasers including Futoshiki, Nonogram and Samurai, go to the website



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James Willstrop and Peter Barker slog it out on the show court

## WIN tickets to Squash Classic

★ We've teamed up with the Canary Wharf Squash Classic, which takes place at East Wintergarden between March 24-28, to offer readers the chance to win a pair of tickets to the Grand Final.

What's more you'll also win a luxury stay for two at the Radisson Blu New Providence Wharf, including dinner and breakfast.

The Canary Wharf Classic sees some of the world's top squash players battle it out in the spectacular setting of an all-glass show court including world number one and triple world champion Nick Matthew. Londoners Peter Barker, Daryl Selby and Adrian Grant will all be looking to cause an upset on home turf.

To be in with a chance of winning this exclusive prize just answer the following question:

Who claimed the 2013 Canary Wharf Classic title?

C. James Willstrop  
B. Peter Nicol  
C. Omar Mosaad

To enter email your answer along with your name, address and a contact phone number to:  
cw@eventis-sports.com

## the Wharf LEAGUE

### RESULTS

#### DIVISION ONE

PCFC	10
Pick 'n' Mix	0
Cavendish Allstars	11
M35SI is Back	5
Landas Pandas	11
Athletic Pasty	22
Camden Pathway FC ●	10
Not So Athletic	0

#### DIVISION TWO

Jubilee Utd	6
Exeter Gently	7
Abou ●	1
Mile End Utd	7
Allstars	10
Hurford Salvi Carr	0
Bayer Neverlusen	7
Reggae Allstars	14

#### DIVISION THREE

FC Hangover	5
Efan Ekoku's Elite ●	8
Lads On Tour	5
Centrepont	19
Newport Dodgers	5
OLU FC	4
FC Poor Toe	11
ISS Tigers	5

Last games on March 5.  
● = Current league leaders.  
The Wharf League is played at Powerleague in Crossharbour.  
Go to powerleague.co.uk.

# Powell's departure 'best for all parties'

## CHARLTON

Club's owner stresses tensions as former colleagues condemn shambolic dismissal

Rob Virtue  
@wharf.co.uk

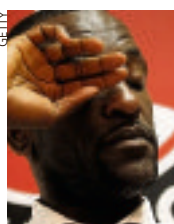
There's little sentiment in football – as Chris Powell found out this week when he was sacked as Charlton manager.

Powell was the ninth longest serving manager in the league before being given the elbow on Tuesday.

Many fans were aggrieved at the dismissal of the man who got the team to ninth in the Championship with one of the lowest budgets in the division.

That came a year after the club achieved a record breaking points tally when winning the League One title.

But this season saw Charlton drop to bottom of the Championship and at the weekend they were dumped out of the FA Cup by third tier side Sheffield



Ousted: Chris Powell had a strained relationship with Addicks board over the club's future according to owner

United – albeit at the quarter final stage.

According to owner Roland Duchatelet it was the breakdown in talks over the contract which saw the parting of ways.

"There was good progress, but we could not reach an agreement over the club's football strategy going forward," he said.

"The situation put a strain on the working relationship between Chris and the board. Therefore I think it is best for all parties that we part ways at this stage."

But he added the club's league position made the "difficult decision" unavoidable.

## Dockland suffer a scare on way to win

**VOLLEYBALL** London Docklands survived a major scare on their mission to end the season unbeaten after a scrappy five-set win over London Lynx 2.

The champions won 3-2 but were given a shock with Lynx twice taking the lead with ease.

After the match, Docklands coach Erçument Karakoç said: "No-one is going to come here and hand victory to us. We have to do the job and today we didn't do it enough."

Docklands now have three away games starting at Bristol on March 22.



New blood: Jose Riga, former boss at Standard Liege has taken charge at The Valley

Duchatelet then appointed a former boss to the position of "head coach" later on Tuesday, almost before Powell's office chair had a chance to cool, suggesting the move was almost certainly pre-meditated.

Jose Riga, former boss at Standard Liege, took charge of the side for last night's fixture at Huddersfield – just after *The Wharf* went to press.

Former colleagues of Powell during his playing days spoke of their shock on Twitter at the sacking.

Chris Perry said: "Disappointed

if the news about Charlton sacking Chris Powell is true.

"Has done a great job under difficult circumstances, always a gentleman."

While Paul Mortimer added: "Speaking as an ex Charlton player, I'm gutted. If anyone was going to put our club back where it should be. It was Chris. #truegentleman."

Outspoken QPR player Joey Barton also weighed in with: "Feel sorry for Chris Powell. Loyal player for the club, did a great job getting them up and this is how he is treated. Shambles."

## Millwall fight right to the line in victory

**RUGBY** Millwall took victory and a bonus point with a 32-19 win over Pegasus Palmerians.

Matt Caldecourt, Byron Morris, Tony Owen, George Conway scored the tries, with Conway also putting over two penalties and two conversions.

Head coach David Paton said: "It was pleasing to see the team show such desire to work and play to the final whistle. The bonus point gained in the last play could yet be crucial."

Millwall travel to Burnham-on-Crouch on Saturday.

## Lions are squashed in hands of Giants

**BASKETBALL** Manchester Giants claimed their third consecutive victory and continued a late play-off charge, defeating London Lions 108-93 in front of a bumper crowd of 2,600 at the Copper Box on Sunday.

The Manchester side has now won five of their last six games and are only two wins away from the eighth seed.

The Lions have no game next weekend. They next play League leaders, Newcastle Eagles away on March 21 and then face Surrey United on March 28 at home.

## THE FANS' ROAR

By Ian Toal

We go from one extreme to another

### Millwall Supporters Club

millwallsupportersclub.co.uk

Millwall managed to go from one extreme to the other in the last two away matches. On Saturday we got a totally unexpected 1-0 win against Derby County.

That was only our second away win of the season. We needed that result desperately, especially given that both Barnsley and Yeovil Town, two of our relegation rivals both got vital wins on the same day.

The win did come at a price though with Scott Malone, Danny Shittu and DJ Campbell all picking up injuries meaning they missed the following match at Blackpool.

We even had to play the last seven minutes of injury time

against The Rams with 10 men after Malone got crocked and we had already used the three substitutes. I'm sure the win had something

to do with Alan Dunne being restored to the starting line-up and club skipper Paul Robinson coming on as a second-half substitute. These are real Millwall players.

But Dunne was left out of the starting line-up at Bloomfield Road and we succumbed 1-0 to Blackpool.

Had we have won that match we would have only been a point behind them. Instead we are seven behind, which looks like a mountain.

We now have a huge south-east London derby match on Saturday at The Den against Charlton who parted company with Chris Powell.

From an outsiders' point of view The sacking at this point in the season looks like an opportunistic move by the new owners to get in their own man.

Millwall v Charlton, Sat, 3pm.

## World's oldest clash ends in a deadlock

**RUGBY** Blackheath and Richmond's 150th anniversary of their first clash – the oldest club fixture in the world – ended in a fitting draw in west London.

Richmond blind-side Harison Edwards broke through and went down under posts in the final play, giving Rob Kirby an easy conversion to level the scores 31-all.

It was cruel on Blackheath who led for the majority of the contest.

The side are next set to take on Henley at Rectory Field on Saturday. Kick-off is at 3pm.

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\*Travel times represent the quickest journeys via public transport from Canning Town station. Source: Transport for London.



# Corporate HOSPITALITY

# 12

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P17



Why I'm on  
top of your  
Christmas  
party now

P20



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# Business Corporate Hospitality

## As long as client is happy then so am I

### ORGANISATION

What does an events coordinator actually do all day? De Vere's tells us

Rachel Bishop  
@trinitymirror.com

**T**he events coordinator at De Vere Venues Canary Wharf says "there is no such thing as a typical day" in her job, but she would not have it any other way.

Sarah Bramwell has hospitality in her blood. Born to successful pub landlords, she helped out around the place as she grew up.

After working in various event organisation roles for 10 years she

Why is forward planning vital?

"We have a lot of last minute requests the day before or on the day, which means I can be running around a lot."

Sarah Bramwell

reached her goal to work for De Vere in January.

She said: "I have always admired De Vere. The firm is the epitome of hospitality – treating people the way clients should be treated. We will do anything we can for the client, even if the request comes in the day before."

Sarah, who focuses on corporate events at the Wharf venue in Westferry Road, said the team always tried to give each event a personal touch.

She said: "We recently had a request

from a company to provide two iPad stands on wheels. They had an employee that was in Singapore, but wanted him to join in on the team building day they had.

"Also one time I noticed a lady walking down the hall with a ladder in her tights. I noted which room she went in and went to get some tights, which I discreetly passed to her.

"You just want people to enjoy their time here, especially when they are taking time away from the office and that can be quite stressful."

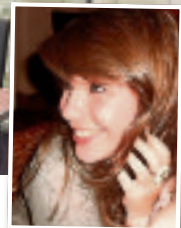
Although Sarah said there was no such thing as a normal day in her job, she said each time she would encourage the client to view the venue and let her know all the specifications they need for the day.

She said: "We have a lot of last minute requests the day before or on the day, which means I can be running around a lot. But as long as the client is happy I don't mind."

Go to [deverevenues.co.uk](http://deverevenues.co.uk)



Sarah Bramwell, right, works to give clients what they want in De Vere Venues Canary Wharf, above



## canary wharf's east wintergarden

The PREMIER EVENT VENUE for dinners, cocktail receptions, conferences, product launches, exhibitions, parties & weddings. For further information call 020 7418 2725/2782, fax 020 7512 9117 or email [eastwintergarden@canarywharf.com](mailto:eastwintergarden@canarywharf.com) or visit [www.canarywharf.com/workwithus/theeastwintergarden](http://www.canarywharf.com/workwithus/theeastwintergarden)





# Business Corporate Hospitality

## Build your team at an Olympic venue



**Above and right, teambuilding exercises at Lee Valley White Water Centre**

When it comes to team building and corporate hospitality **Lee Valley White Water Centre** is the ideal place to get teams motivated or seal that important business deal.

The venue, where Team GB won gold and silver during London 2012 offers packages to suit all budgets and requirements.

Expansion work on the centre's main building has increased the capacity of the spectacular cafe area and the terrace has a newly extended and elevated wooden decking area which boasts a unique view over

the Olympic Standard Competition course and the picturesque River Lee Country Park.

This is in addition to the two meeting rooms, which come complete with high-specification audio visual equipment and private terrace.

After the meetings and presentations are over there are challenges designed to improve collaboration and communications skills with options including an inflatable obstacle course on the lake, raft building or white water rafting.

For more information go to  
[gowhitewater.co.uk](http://gowhitewater.co.uk).



From April 2014 another London 2012 venue, **Lee Valley VeloPark**, will also welcome corporate customers.

Whether it's racing on the fastest velodrome track in the world, or tackling one of the mountain bike trails, Lee Valley VeloPark on Queen Elizabeth Olympic Park is the perfect venue to impress clients or challenge staff.

Go to [visitleevalley.org.uk](http://visitleevalley.org.uk) for bookings, prices and more information about activities.

## The former Olympic velodrome opens to firms in April











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# Business

## Corporate Hospitality

### Looking for a good return



Sporting events have been a mainstay of firms' hospitality over the years

Lord's has become a leading name in corporate hospitality days

Corporate hospitality is seeing a return to its pre-2008 levels. But according to leading provider Keith Prowse, clients are increasingly keen to show a return on such investments.

The leading hospitality specialist said the advent of compliance programmes, relating specifically to corporate entertaining, has brought hospitality in front of board level decision makers, not just within the FTSE 100s but in SMEs too.

It added that as a result there was now a better understanding

of entertaining and its importance within the wider marketing mix.

The firm said: "We are seeing that entertaining is considered more strategically when budgets are set, be it for brand engagement, relationship building or employee and client incentives."

"While demand is being driven with a more strategic approach to budgeting, it cannot be dismissed that our home-grown sporting talent is spawning interest too." Keith Prowse runs hospitality at Lord's, Wimbledon and Twickenham. Go to [keithprorowse.co.uk](http://keithprorowse.co.uk).

# We're already set for Christmas rush

### EVENT MANAGEMENT

Events guru tells us that her life is one long festive party, even in summer

Rachel Bishop  
@trinitymirror.com

Booking the work Christmas do will be the furthest thing from most people's minds in the middle of March – especially as the sun has just made its first appearance of the year.

But the team at events company Smart Live are already in the middle of planning their Speakeasy Christmas parties at east London venue, The Troxy.

Events guru Bimla Safka, who heads



Head of Smart Live Bimla Safka

Smart Live, said: "It's Christmas all year round for us. It's fine really, but it's a running joke in the office that come January 1 we will be organising for Christmas."

What can Smart Live do for customers?

"With the bespoke service we can offer corporate clients something different. People have been looking for a bit of a twist."

Bimla Safka

Guests will be propelled back to the '20s at the speakeasy parties through live jazz and old black and white films, but they could also book a Dita Von Teese impersonator or a roaming magician.

Bimla said: "With the bespoke service we can offer corporate clients something different. People have been looking for a bit of a twist on the normal Christmas packages on offer and with pop-up venues and speakeasy bars becoming popular it seemed like a perfect choice."

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**A SPORTING LUNCH WITH HARRY REDKNAPP**

Special offer for Wharf readers just **£110.00**

In aid of The Bobby Moore Fund and Julia's House charities  
Thursday 10th April 2014, at Boisdale, Canary Wharf, London E14

Harry Redknapp is one of the most well known, best loved and controversial football managers in the country. Once bookies favourite to be the England Manager and now manager at Queens Park Rangers, he has managed some of the best Premier League clubs and is famous for both his one liners as well as his outspoken views! His autobiography "Always Managing" was a bestseller and was as controversial as the man himself, sharing his thoughts and views on the game and the people within the sport as well as his highly publicised court case which he sensationally won.

Boisdale of Canary Wharf are proud to host a

sporting lunch with Harry Redknapp for one of his rare appearances, where he will talk about the game, his many experiences and provide a unique insight into the game today as only he can! Guests will have the opportunity to ask Harry questions they have always wanted to ask!

This business lunch is ideal for client entertaining and is timed to allow a return to work in the afternoon if you so wish.

**TICKETS FOR THE EVENT ARE LIMITED AND COST £155 PER PERSON.**

This includes a Champagne reception, Three course lunch, Speech and Q&A with Harry, Auction and after lunch cash bar facility.

For more information, please email [enquiries@stephencassociates.co.uk](mailto:enquiries@stephencassociates.co.uk) or call: **07852 136148**





The Art Deco glam of The Troxy in Limehouse all done up for a sparkling event

Smart Live, which launched in May now boasts a client list that includes Mercedes Benz, Formula One, New Look and Just Eat.

With such big companies to please, the team prides itself on being able to offer whatever the client requests

– which for one event was a water-skiing dwarf.

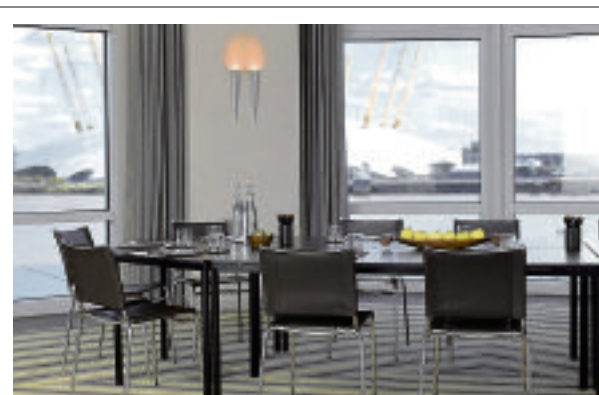
Bimla said: "I've had so many strange requests – generally more for private clients than corporates, but there have been quite a few."

And when it is all over, Bimla said

the team felt sad rather than relieved after all their hard work.

She said: "When you are looking after an event for such a long time and then in just three or four hours it's gone it can be really sad."

Go to [smartlive.co.uk](http://smartlive.co.uk) for event details.



One of the Radisson's eight business meeting rooms

## Hotel looks to tempt firms

The Radisson Edwardian New Providence Wharf, a four star deluxe hotel near Canary Wharf, Excel, The O2 in Greenwich and London City Airport, is keen to promote its wide ranging business facilities.

With breath-taking views of the Thames, its aim is to fulfil the increasing demand for luxury accommodation and meeting rooms close to the Wharf.

A fully equipped business centre with eight meeting rooms – the largest of which holds 200 – and free Wi-Fi throughout the entire

building to tempt corporate clients out to Blackwall.

The hotel also has a fully equipped health spa with treatments available every day and a restaurant, with spectacular views from the dining area with its new glass terrace right next to the water's edge.

A sumptuous bar with a pool table and regular live entertainment is also open until the early hours.

For more information on the hotel's corporate offerings go to [radissonblu-edwardian.com](http://radissonblu-edwardian.com).

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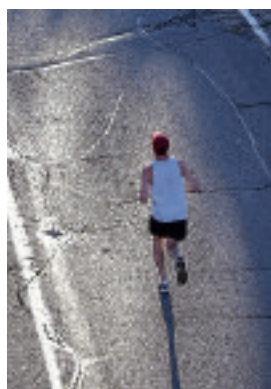
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# Business Corporate Hospitality



Run Hackney wants businesses to enter teams of four runners

## Corporates are invited for new half marathon

Run Hackney, a new half marathon for 2014 aimed at continuing the Olympic legacy in east London, is looking for businesses to play their part.

The event, which will take place on June 22, is open to everyone – from those looking to get in shape, raise money for charity, remember someone

**22**

June is the date for your running diary

special or even set a new personal best – but the organisers are especially keen to attract entrants in the Company Challenge.

Businesses of all sizes can enter teams of four to raise money for one of the official race charities, or for a charity of their choice.

Run Hackney will see up to 10,000 runners take part in the inaugural event, which will make sporting history as the first half marathon to pass through the Queen Elizabeth Olympic Park. Go to [runhackney.com](http://runhackney.com) for more details or to register.

# Zip wire entry and a real-life chopper

## EVENT MANAGEMENT

East Wintergarden's manager talks about the more unusual requests she's had

Rachel Bishop  
@trinitymirror.com

From teenagers making a grand entrance on a zip wire for their Bar Mitzvah to looking into accommodating a helicopter in the middle of the events hall, there is plenty of variation for the manager of Canary Wharf's East Wintergarden.

So it's no wonder Joanne Taylor loves her job and takes great pride in putting events together for her clients.

She said: "I love meeting people, forming solid relationships with the clients and knowing at the end of the event, everything that could be achieved, was achieved and the client has left happy and will recommend us and want to come back."



Joanne Taylor

The venue hosts all sorts of events – from corporate conferences and product launches to weddings and birthday parties.

Joanne has been working at the East Wintergarden since it opened in 2003 and became manager in March 2009. Within that time she has dealt with a wide range of requests.

She said: "We once had a teenager zip wire from the gallery level onto the main stage of the East Wintergarden



Canary Wharf's event space the East Wintergarden is very flexible

for the opening of his Bar Mitzvah, which was a great way to make an entrance.

"We have recently had an inquiry to display a full-sized helicopter within the venue, which we can actually accommodate and are in discussions with the client at present."

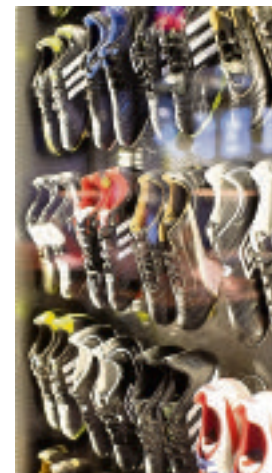
An average booking can take around five months from start to finish, but with the ability to host up to 1,000

guests, some bookings can take much longer to organise.

Joanne said: "We always offer a site visit as its important to meet the client in person and show them our facilities. It is important to build a relationship and understand the client's vision and objective for their event right at the very beginning."

Go to [canarywharf.com/workwithus/theeastwintergarden](http://canarywharf.com/workwithus/theeastwintergarden) for more details.

## Westfield venue keen to attract businesses



Football memorabilia helps link the venue to the game

Cafe Football is keen to promote itself as a venue for lunchtime meetings as well as after-work dinner and drinks.

Former teammates Gary Neville and Ryan Giggs, pictured, launched the 140-seat restaurant, on The Street in Westfield Stratford City at the end of last year.

Since opening, the venue reports a busy stream of London commuters and workers coming through the doors in search of the authentic football culture running throughout the menu and decor.

Dishes on offer include the



Boss Burger, a twist on the traditional Pot Noodle and the CF Sausage Roll, recently referred to by food critic Jay Rayner as "a glorious thing that I want to adopt as my third child".



Other offerings include the carne pizza and a lamb kebab fit to tickle any taste bud.

Cafe Football also has a drinks menu that features more than 20 wines from 10 different countries, together with a range of hand-selected international craft beers.

Signature cocktails have been designed by Cafe Football's expert mixologist. Inspired by the game, they include delights such as the Red Devil – a nod to Gary and Ryan's football careers.

Call 0208 702 2590 or go to [cafe-football.com](http://cafe-football.com) to book.

## WIN a pair of sporting lunch tickets

Boisdale of Canary Wharf has teamed up with *The Wharf* to offer readers the chance to win a pair of tickets to hear one of the country's most controversial football managers give his views on the state of the game today.

Held at the prestigious Cabot Square restaurant, the winner and a guest will enjoy a Champagne reception on arrival, a three-course lunch with a bottle of wine and the chance to hear Harry Redknapp speak on April 10.

Attendees will also have ample opportunity to put the questions to Harry that you've always wanted

to ask. This is a rare opportunity to join Harry and Gladstone Small the ex England cricket player and avid Aston Villa supporter, who will be hosting the event. The value of the prize is £375.

For a chance to win just answer this simple question: **What was the first team that Harry Redknapp managed?**

Send your answers to [enquiries@stephencassociates.co.uk](mailto:enquiries@stephencassociates.co.uk) by 9am on Thursday, March 20

All entrants must be over 18 years old.

Go to [boisdale.co.uk](http://boisdale.co.uk) for more event information.



Harry Redknapp will host a sporting lunch at Boisdale alongside cricketer Gladstone Small on April 10



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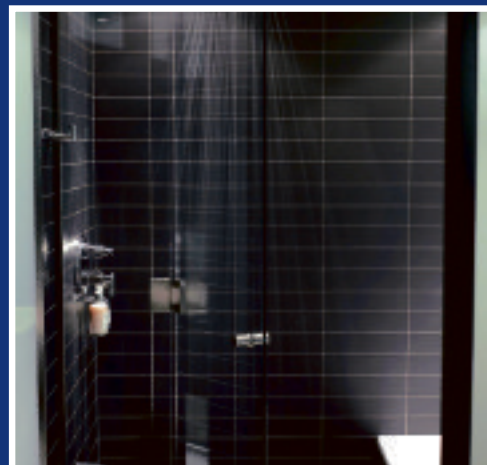
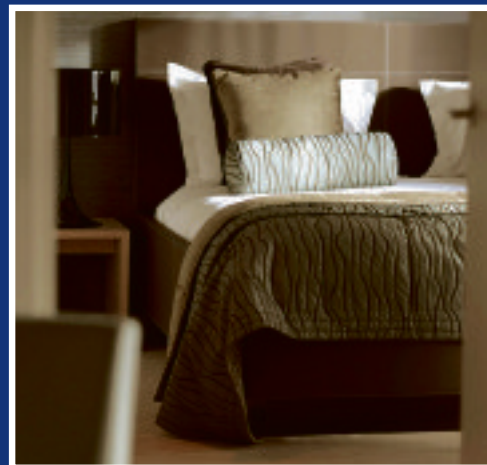
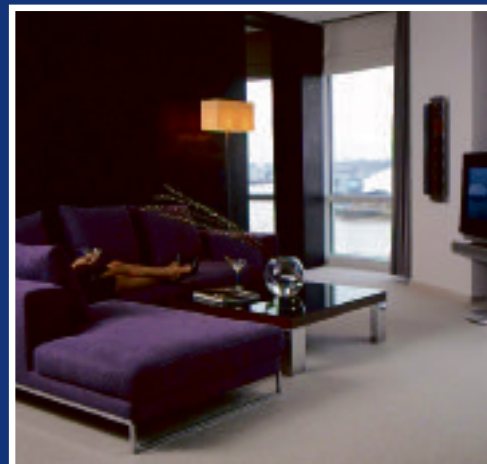
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from the dining area with its new glass terrace right next to  
the waters edge. A sumptuous bar with a pool table and  
regular live entertainment, is open until the early hours.

.....  
The restaurant serves traditional British Comfort food and  
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The hotel is perfect for leisure but also meets the needs of the  
business customer, with a fully equipped business centre,  
8 meeting rooms the largest of which holds 200 and  
free Wi-Fi throughout the entire building.





# Business



## Just a Bit of a step forward

### TECH

THE country's first machine for dispensing digital currency opened for business in at the Old Shoreditch Station Cafe and Bar near Silicon roundabout on Friday. It's offering customers the ability to exchange bank notes for bitcoins.

The machine, which cost \$5,000 is operated by Future Coins and is essentially a Google Nexus 7 tablet running an app.

There is a commission of 8% on transactions. This figure will drop when the topping up of Bitcoins can be fully automated.



REUTERS

## NEWS IN BRIEF

### Business digest

### Could you help teach a language?

**MENTORING** Education charity Tower Hamlets Education Business Partnership (EBP) is looking for business volunteers who can help secondary school students develop their foreign language skills.

A one-hour session, just once a fortnight, can assist language students to improve their fluency in French, German or Spanish.

EBP's Laura Skedgell said: "Typically, our mentors are native mother-tongue speakers or those who have studied a foreign language at university and are keen to keep their hand in." Email Laura.Skedgell@thebp.co.uk.

### MP impressed by work programme

**TRAINING** East Ham MP Stephen Timms said he was "impressed" by a project targeting the long-term unemployed in east London.

The shadow employment minister called in at Newham College's Refocus Me programme, a full-time course for 200 jobseekers spanning two weeks.

Each participant has been out of work for two years and has access to confidence-boosting group sessions and social media and interview skills.



### Put in good word for languages

**CREATIVE** Three east London architectural talents have secured praise in an industry award.

The run-down Cebada Community Centre in Madrid was the target for University of East London students Ahmed Elsirafi, Tomohiro Himeno and Esther Peyrovi.

And honourable mentions were bestowed on the learners.

Esther said: "We're all very pleased to have our work and ideas recognised like this."

### ORNC tops town's heritage league

**TOURISM** Scaffolding tours, themed events and the conservation of the Painted Hall have prompted visitor figures at the Old Royal Naval College to soar to their highest yet.

The attraction welcomed 1,803,500 guests during 2013, according to the Association of Leading Visitor Attractions.

The record-breaking number puts the ORNC in the list of the UK's top 20 draws and made it the biggest heritage location in the town.

# We need to smooth the way into world of work

### CAREERS

There are 200,000 jobs in Tower Hamlets, but only 20% go to residents

Rob.Virtue  
@wharf.co.uk

**E**ast London's transition to a centre for business is easy to see, but the positive impact on the traditional residents of the region is harder to find.

There are now 200,000 jobs in Tower Hamlets but only 20% of roles are filled by people from the borough.

Investment bank JP Morgan, a resident of Canary Wharf since 2012, is one of the firms trying to rectify that anomaly.

While extensive work has been carried out to give the borough's youngsters relevant skills, there are still obstacles that prevent a smooth, or even automatic, transition into the workplace.

Recently, the Bank Street-based company held a panel discussion to tackle the issue.

Hang Ho, a manager of the JP Morgan Chase Foundation, said: "Even with the success of improving education in Tower Hamlets we realise there are still barriers that have made



JP Morgan's Hang Ho, left, and Rob Trimble, of Bromley-by-Bow Centre



access to Canary Wharf or opportunities at the Queen Elizabeth Olympic Park, for example, difficult.

"These are complex issues that have been grappled with for many years. They could be anything from the individual level of aspiration to multi-generational attitude towards work."

"One needs to assess other underlying issues and indicators, such as housing and health. The point is you can't treat access in isolation without the other factors young people face."

One of the solutions, according to Hang, is to make young Tower Hamlets residents feel comfortable

in a business environment, thus removing the mystique of areas like Canary Wharf.

JP Morgan already works towards this by meeting and working with schoolchildren in the borough.

"You need to make this connection to normalise them to the environment," said Hang.

"We have a great relationship with the St Paul's Way Trust School.

"That is based on a long-term commitment where we bring young people into our offices to introduce them to a professional work environment, enable them to partic-

ipate in work related skills workshops and build relationships with people from different professions in Canary Wharf.

"Canary Wharf can be somewhat overwhelming to young students as they've never been in a place like this.

"But as time goes on they come here and gradually acclimatise and hopefully believe that one day they will also be working here."

The charity Bromley-by-Bow Centre is one of the groups working with JP Morgan on the subject.

Rob Trimble, the charity's chief executive, was also on the panel to discuss the issue of Tower Hamlets employment.

He said opportunities for those in east London had improved following initiatives such as the centre's Looking East, which works with Canary Wharf business to build bridges with the community.

"Looking East is all about raising ambition for the next generation," said Rob.

"We believe that the children who now live in some of the most deprived estates in the UK, in the shadow of Canary Wharf and the Olympic Stadium, can aim high and expect to go to the top universities and embark on exciting careers in a burgeoning east London.

"With JP Morgan's support we are enabling local young people to gain the skills and confidence they need to really thrive in the new East End."





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